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Compiled with the kind permission of Mrs. G. A. HUTCHINSON
(Miss M. G. Deas, Head, Domestic Science Dept.,
Cape Technical College).

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Place 3 pieces 2-inch stick cinnamon and 12 whole cloves in the bowl of the vacuum coffee-maker; or into the cold water for percolator and "boiled" coffee; or into pot of drip-maker. Make coffee double strength, using 2 heaping measuring teaspoons of coffee to each measuring cup of water. Pour the hot spiced coffee directly on to cracked ice or ice cubes in tall glasses; serve with sugar, plain or whipped cream.

SUNSHINE ICED COFFEE.

A frosty drink that is dessert and beverage all at once, to serve with a spoon and straws—add some little cookies and your dessert course is ready!

6 tablespoons powdered sugar
1 cup orange juice
1 cup heavy cream, whipped
1 teaspoon vanilla flavouring
4 cups double strength, freshly-made coffee
Cracked ice.

Add half the sugar to the orange juice; stir until dissolved. Fold the remaining sugar into the whipped cream; add the vanilla. Pour the sweetened orange juice into the freezing tray of an automatic refrigerator; put whipped cream mixture on top. Freeze until firm.

SPECIAL INTRODUCTION

by

Mrs. G. A. HUTCHINSON

This book has been compiled prior to the Government decree that Standard Flour should be used; therefore, the following hints and recipes may be found useful:—

STANDARD FLOUR will be found to be quite as satisfactory as white flour for practically all household cookery.

PLAIN PASTRIES (as under) can be made up with Standard Flour, but it will be found necessary to use a mixture of Standard and White Flour if a richer pastry is required, e.g., Rough Puff or Flaky. This is owing to the brittle or crumbly nature of the dough made from Standard Flour.

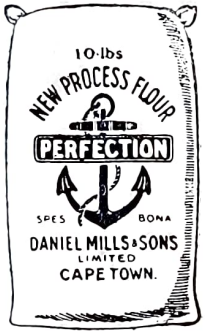
One must not forget that there is a war on and the richer pastries should be cut out of the menus entirely.

The coarser part of the Standard Flour which may be left over after sieving it for Cakes may be used with ordinary Standard Flour for Scones, Crunchies, Date and Walnut Bread, Gingerbread, etc.

Standard Flour may be used for Sauces just as white flour, but, of course, the colour is poor, and takes away from the attractiveness of the dish. This may be improved, if a Savoury Sauce is made by the addition of a little chopped parsley.

The only real difference in the use of Standard Flour for Scones and Cakes is that one must use a very little more "Raising Agent," hence my suggestion "Good Measure" for Scones, and in place of one quarter teaspoonful baking powder for Queen Cakes, a small half-teaspoonful.

Perfection Flour



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SCONES

1 lb. Standard Flour, 1 teaspoonful salt,
1 teaspoonful bicarbonate of soda (good measure),
2 teaspoonfuls cream of tartar (good measure),
3 ozs. butter or 2 ozs. pastrine,
2 to 3 ozs. sugar,
Milk to bind.

Make up as for ordinary scones, but make dough fairly soft.

DATE SCONES.—Add to above 2 ozs. dates, chopped fairly small.

QUEEN CAKES

2 ozs. butter, 2 ozs. sugar, 1 egg,
3 ozs. Standard Flour, 1 tablespoon currants,
A little milk,
Small ½ teaspoonful baking powder.

Prepare as for all cake mixtures, but sieve Standard Flour at least twice and keep back any very coarse grain.

SHORTBREAD

Use recipe given in book, substituting Standard Flour. It will be found that with Standard Flour the biscuits will be very crisp and will have a rich nutty flavour.

PASTRY

Shortcrust or suet pastry may be made quite satisfactorily with Standard Flour, but the pastry is inclined to be brittle and must be very lightly and quickly handled.

STOCKS & SOUPS

"Copy the kettle; though up to the neck in hot water, it continues to sing."

GENERAL RULES FOR STOCKMAKING.

1. If no stockpot, use a good, strong pan, with a tight fitting lid.
2. Wash, scrape, and chop bones in small pieces.
3. Remove fat, wipe, and cut up meat small.
4. Place on in cold water, with a little salt (one dessert-spoonful to one gallon).
5. Bring slowly to boiling point.
6. Skim well (if meat is used, avoid removal of brown scum, which is good).
7. If bones alone, boil quickly and for a long time (nine hours).
8. If meat, simmer slowly for a lesser time (five hours).
9. Add vegetables, cut in large pieces, when stock is half cooked.
10. Strain, and never leave overnight in stockpot.
11. Make day before it is required. Remove fat, before using.

N.B.—Meat and bones may be used again, but vegetables—never. Stockpot should be thoroughly washed daily.

WHITE STOCK

Ingredients:

2 lbs. knuckle of veal or chicken bones,
½ lb. of raw ham,
5 or 6 pints water,
A little salt,
Half a turnip,
1 or 2 onions,
4 inches of lemon rind,
20 peppercorns,
Bouquet of herbs,
½ blade of mace.

Wipe and cut the meat up finely, and allow to stand in water, with some salt; wash the bones, and soak separately to remove blood, then add them, bring to boiling point, and simmer two hours. Then add the vegetables and herbs, and simmer three hours longer. Strain through a hair sieve.

S.A.W.A.S.

SECOND STOCK

Bones or meat from first stock,
1 quart of water to each pound,
½ carrot,
1 sprig of parsley,
½ a turnip,
1 sprig of thyme,
1 onion.

Place the bones and meat in water; boil gently three hours; add vegetables; boil two hours longer. Strain and use.

S.A.W.A.S.

WHITE VEGETABLE SOUP

1 quart of white stock,
½ pint of milk (or milk and cream mixed),
1½ tablespoonful cornflour.

To every quart of stock, take one and a half small tablespoonfuls of cornflour. Remove fat from stock. Bring to boiling point. Blend cornflour smoothly. Pour hot stock over this. Return to pan, and boil thoroughly; add milk and cream, which should be heated first, and seasoning if necessary. Serve with croutons.

N.B.—This soup is suitable for invalids.

Make into White Vegetable Soup by cooking 1 cup of carrots, turnips, and leeks in the quantity of white stock, then thickening with cornflour.

S.A.W.A.S

FRESH GREEN PEA SOUP

1 quart of white stock,
½ lb. of green peas or ¼ lb. of marrowfats,
1 lettuce,
¼ pint cream,
½ of a cooked onion,
1 ounce of rice flour.
Croutons.

Boil the peas, place with lettuce and stock in pan, add onion; simmer twenty minutes. Remove lettuce, then pass peas through fine hair sieve, add rice flour smoothly blended, seasoning, and bring to boiling point, and cook a few minutes. Heat cream slightly, place in soup tureen. Pour soup over, and serve with croutons.

S.A.W.A.S.

TOMATO SOUP

1 lb. of tomatoes (fresh) or 1 pint of tinned tomatoes,
1½ pints of well-flavoured stock,
1½ ounces of flour or 1 ounce of cornflour,
Salt and pepper,
Cochineal if necessary,
1 ounce of butter,
2 ounces of lean ham,
1 onion.

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Dearest Daughter,

24th June, 1941.

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Take my advice and look for the following products as a basis for your cooking:—All Hugo's Canned Vegetables, Fruits and Jams, Premier Peas, and Paarl Choice Canned Fruits.

I hope that, when you and your husband visit me next month, I shall hear his enthusiastic reports.

Fondest love,

MOTHER.

Slice the tomatoes and put in pan with the onion, ham, seasoning and butter, and sauté twenty minutes; add stock, and simmer till tender. Sieve through a hair sieve. Blend the flour or cornflour, add to the soup, and boil for a few minutes. Add colouring if necessary, and half a teacup of hot milk or cream.

S.A.W.A.S.

CRECY SOUP

1 lb. carrots,
1 turnip,
Piece of celery,
A gill of cream,
Quart of stock (light coloured),
1 onion,
Pinch of herbs,
½ dessertspoonful arrowroot.

Boil the carrots one hour in salted water, cut up and place with the rest of the vegetables in a pan, with the stock and seasoning. Simmer till tender (one hour), sieve. Blend the arrowroot with a little cold stock or milk; add hot soup to it, return to the pan, stir till it boils, add cream.

S.A.W.A.S.

BROWN VEGETABLE SOUP

4 potatoes,
3 onions,
2 carrots,
1 turnip,
1 ounce of dripping,
3 pints of bone stock,
Salt and pepper,
1 tablespoonful of flour.

Clean and cut up the vegetables. Heat dripping in a pot, add vegetables. Fry till lightly brown. Add stock and seasoning, bring to boiling point, skim, simmer gently till vegetables are tender (about one to one and a half hours). Rub through a wire sieve, add blended flour, boil a few minutes. Add a little milk if liked. Serve with croutons.

S.A.W.A.S.

KIDNEY SOUP

8 sheep's kidneys (or 1 ox's),
1 ounce of butter,
1 onion (browned if necessary),
2 cloves,
1 carrot,
Bunch of herbs,
½ turnip,
4 or 5 pints of brown stock,
1 small tablespoonful of cornflour to each quart,
Seasoning.

Cut the kidney into slices. Wash and dry. Fry quickly in butter, and add to stock. Tie the vegetables in muslin, add to the soup, with seasoning, and simmer two hours. Strain and cut the kidney into dice. Thicken with cornflour, boil a few minutes. Add the kidney, and (if liked) a glass of sherry.

S.A.W.A.S.

OXTAIL SOUP

1 ox tail,
2 ounces of butter,
¼ lb. of ham,
3 quarts of cold water,
1 lb. of shin,
2 onions,
½ turnip,
2 pieces of celery,
20 peppercorns,
Bouquet of herbs,
Glass of sherry, if liked,
Little mushroom ketchup,
2 cloves,
Salt,
1 carrot,
2 tablespoons of cornflour (small).

Cut the tail into joints after washing; fry quickly, in half the butter. Cut up shin and ham. Place them along with the joints in pot, with cold water. Add a little salt, bring to boiling point, skim, simmer two hours. Fry onion a dark brown in rest of butter. Add other vegetables and herbs to stock. Simmer three hours longer, strain. Remove meat from the tail bones, and press it between two plates until cold, but keep the smallest joints whole. Take two quarts of stock, meat, small joints, two small tablespoonfuls of cornflour, half carrot, half turnip, and cut vegetables into fancy shapes. Boil them in salted water until tender. Remove fat from stock and bring to boiling point. Blend cornflour, add to the soup, bring to boiling point, add meat, vegetables, and seasoning; and, if sherry is being used, add it just before serving. S.A.W.A.S.

POTATO SOUP

2 lbs. potatoes,
2 or 3 sticks of celery,
1 onion,
2 ozs. butter,
1 quart water,
Meat boilings or household stock,
½ pint milk,
Pepper and salt.

Wash and slice the vegetables and toss them in the butter, add the meat boilings, pepper and salt, bring to the boil, and simmer one and a half hours. Bruise down or rub through a hair sieve; return to rinsed saucepan, add the milk, boil and serve with dice or fried bread.

N.B.—Half a pound of tomatoes may be added to above.
S.A.W.A.S.

SCOTCH BROTH

½ to 1 lb. runner of beef or neck of mutton,
1 oz. barley,
Turnip cut in dice,
1 leek (sliced)—½ pint cut vegetables altogether,
Carrot cut in dice,
1 carrot (grated),
Pepper and salt,
1 quart of cold water,
1 large teaspoonful of chopped parsley.

Wipe the meat, put it into a pan with sufficient cold water to cover it, add the salt and the barley (thoroughly washed), bring the water to boiling point and skim. Add the pepper and the vegetables. Simmer for three or four hours. Half an hour before dishing add the grated carrot. When ready, lift the meat out, skim the broth, add the chopped parsley, boil up and serve.

N.B.—If meat is to be served as a separate course, cook blocks of carrot and turnip in the broth. Serve meat and vegetables, pouring a little of the liquor over. S.A.W.A.S.

LENTIL SOUP

½ lb. of red lentils,
½ a carrot,
½ a turnip,
1 stick of celery,
1 onion,
1 oz. dripping,
2 quarts water,
Meat boilings or household stock,
Pepper and salt,
About ½ pint milk.

Wash the lentils. Prepare the other vegetables and cut them in slices. Melt the dripping in a saucepan; add the lentils and other vegetables, and toss them in the melted dripping until it is absorbed. Add the liquid, the salt and pepper, and bring to the boil. Simmer the soup two and a half to three hours, stirring frequently. When cooked pass the soup through a sieve. Add the milk and reheat.

N.B.—Dried peas or beans may be substituted for the lentils.
S.A.W.A.S.

MILK SOUP

1 lb. potatoes,
2 onions,
1 quart of water or light-coloured stock,
1 pint milk,
1 oz. small sago,
Pepper and salt.

Wash, pare and slice potatoes; skin, scald and chop the onions. Put potatoes, onions, pepper and salt and the quart of cold water into a lined pan. Bring to the boil, and boil till quite soft. Crush the potatoes and onions with a spoon until smooth. Add the milk and sago and boil for ten minutes until the sago is quite clear and cooked. This soup may be made richer by tossing the vegetables in 1 oz. of butter.

S.A.W.A.S.

GREEN PAWPAW SOUP

Peel a moderately sized, firm, green pawpaw; remove the seeds, and slice the fruit into small pieces. Slice a large onion thinly, and fry it, together with the pawpaw, a small celery stalk cut up finely, and a sprig of parsley, in butter, without brown-

ing. Add a cupful of warm water or stock, season with pepper and salt to taste, and simmer gently for a couple of hours. Make a white roux with a spoonful of butter and a spoonful of sifted flour; add milk to make a white sauce. Rub the soup through a fine sieve, add the white sauce to blend thoroughly, and let the soup boil. Serve up with a dusting of grated nutmeg, and, if liked, a few shreds of sweet red pepper to serve as decoration. Diced fried bread should be handed round with the soup.

DR. C. L. LEIPOLDT.

FISH SOUP

1 lb. white fish,
Some fish trimmings,
2 onions,
Small piece of carrot,
Small piece of celery,
1 tablespoonful chopped parsley,
½ pint milk,
2 tablespoonfuls flour,
1 slice crumb of bread,
Salt and pepper,
Squeeze of lemon juice.

Wash the fish and trimmings well, skin the fish and take off the flesh and put that aside. Place all the trimmings and bones in a saucepan with cold water to cover, and a little salt. Skim well as it comes to boiling point, add the vegetables washed and cut up (except the parsley), add bread. Simmer one hour then strain. Put the flour into a basin, allowing one good tablespoon to each pint of soup, and mix smoothly with a little cold water; add the soup to it; boil a few minutes. Add fish cut up in neat pieces, simmer five minutes, then add milk heated. Add parsley, season, and serve.

S.A.W.A.S.

CELERY SOUP

2 heads celery,
1 oz. butter,
2 quarts of boiling stock,
½ pint of milk,
1 gill cream,
2 ozs. flour,
Salt and pepper.

Wash and cut up the celery and sauté with the seasoning in butter about 20 minutes. Add stock and simmer gently until celery is tender. Rub through a hair sieve and return to the pan. Add blended flour and more seasoning if necessary and boil well. Then add the milk and cream, and serve with croutons.

S.A.W.A.S.

SHEEP'S HEAD BROTH

Sheep's head and trotters,
2 small carrots,
1 turnip,
1 small cabbage or quarter of a large one,
4 quarts water,
2 leeks,
1 onion,
Parsley,
Salt and pepper,
A good teacupful of barley (¼ lb.).

Get a singed head and trotters, and get the former cut open by the butcher. Take out the brains and rub the head and feet well with them, and allow to lie all night. Wash the head with warm water, put in a pan and cover with cold water, bring to boiling point, draw aside from the fire and allow to soak for one hour, then scrape it well. Wash and thoroughly clean the outside and inside of the head. Split the trotters between the toes, and remove the inside part, and again put in cold water (4 quarts) with the barley, which has been well washed and scalded. Bring slowly to the boil and cook one and a half hours. Now add the cabbage, 1 carrot, turnip, onion, and 2 leeks and seasoning all prepared in the usual way and cut up finely; again boil for two hours. Add a tablespoonful finely chopped parsley. The second carrot should be grated and added to the broth, one hour before serving.

For Serving the Head: Remove the flesh from the bones and place it neatly on a dish. Skin the tongue and split it in two, place in the middle of the dish, pour parsley sauce over.

S.A.W.A.S.

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Tinned Soups

CLEAR ROYALE SOUP

Open a can of Consommé. Make savoury custard with one egg, one tablespoonful diluted consommé, salt and a pinch of cayenne pepper. Pour into a shallow dish, and stand in a pan of boiling water until the custard is set. Leave till cold. Dilute and boil up remaining consommé. Cut custard into small strips or fancy shapes and pour the soup over them. Easy to make —smart to serve. S.A.W.A.S.

CREAM OF ASPARAGUS

Dilute with milk the contents of a can of asparagus soup. Heat. Lightly beat 1 or 2 egg yolks with 2 tablespoonfuls cream. Slowly pour soup, off the boil, into egg mixture, stirring continuously. Return to saucepan and reheat to thicken; do not boil. You'll be asked for the recipe. S.A.W.A.S.

MIXED SOUPS

For an original flavour, mix 2 canned soups. Green pea and mushroom make an appetising combination. Turn them both into a saucepan, dilute if necessary, stir, bring to boil and serve. Further heating is wasteful, because the soup quickly evaporates. Experiment with blends of your own, and gain a reputation for originality. S.A.W.A.S.

COLD CONSOMME

Turn out the contents of a can of consommé and dilute with cold water, allowing ¼ pint water to ¾ pint soup. Season to taste with salt and pepper. Serve ice cold. For jellied consommé, heat, season, stir in about ¼ oz. powdered gelatine, strain, flavour with lemon juice or sherry, and stand on ice or in refrigerator. When set, spoon out into cups. Jellied consommé should not be as firm as aspic jelly.

S.A.W.A.S.

FISH DISHES

"There's as good fish in the sea as ever came out of it."

Choice of Fish: When choosing fish. see that they are fresh in smell, and are stiff, with prominent eyes, red gills; and, as a rule, plenty of scales and slime.

Classes of Fish: White, Oily, Shell. White fish are considered the most digestible, oily fish are more nourishing, but less digestible than white fish; shell fish are the least digestible of all fish, because of their close texture.

White Fish:

Examples.	**Season.**
Stock Fish, Kabeljauw, King Klip, Silver Fish, 74, Sole.	All the year round, in normal times.

Oily Fish:

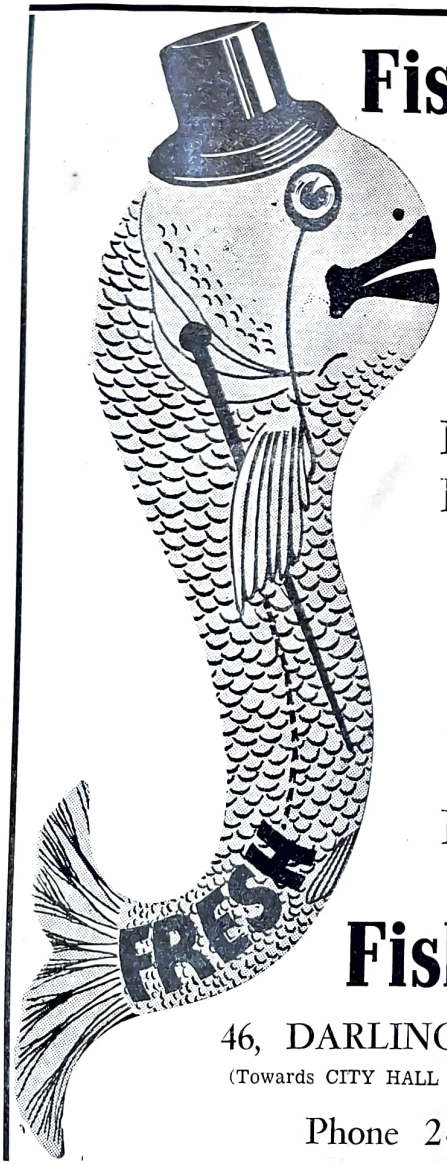
Cape Salmon,
Snoek.

Shell Fish:

Crawfish,
Oysters.

GENERAL HINTS ON COOKING OF FISH

1. **To Boil Fish:** Wash fish in cold water, removing scales, fins, etc., handling as little as possible; then put into saucepan of simmering water, to which salt and vinegar have been added. Simmer.
2. **To Boil Salt Fish:** Wash and scrape salt fish, and soak overnight. Flavour improved by soaking in sour milk.
3. **To Bake Fish:** Cook in a moderate over 320 F. to 350 F.
4. **To Fry Fish:** Protect with a coating; fish must be properly dried before being fried, otherwise it will break in the frying pan. The fat or oil in which it is fried must be free of water.



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Recipes

STUFFED AND BAKED STOCKFISH KABELJAUW, OR KINGKLIP

Ingredients:

1 small fish,
2 tablespoons of breadcrumbs,
1 dessertspoonful of chopped parsley,
1 teaspoonful of chopped herbs,
Pepper and salt,
2 ozs. suet,
1 egg,
2 ozs. of fat.

Wash the fish clean, and dry it in a cloth. Mix two tablespoons of breadcrumbs with the chopped herbs and parsley; add pepper and salt to taste, and 2 oz. of chopped suet. Stuff the stomach of the fish with this mixture, and sew it up. Egg and breadcrumb the fish; put it on a greased tin, and bake for three-quarters of an hour, basting it frequently with dripping. Before serving take out the cotton which sewed up the fish.

S.A.W.A.S.

"ENGELEGTE" (PICKLED FISH)

Cape Way of Preserving Fish —-

Ingredients:

2 good-sized soles, or any nice Cape fish (filleted),
6 large onions,
2 ozs. curry powder,
1 oz. mango relish,
6 large chillies or 12 small,
1 quart vinegar,
Salt to taste.

Fry the fish a nice brown in lard, butter, or olive oil; drain and cool. Slice four onions and fry a nice brown in a little oil; add 1 oz. curry powder, 2 chillies cut fine, a dessertspoon salt, and the mango relish. When stirred to a paste, add a little vinegar to moisten well; then lay the fish in a jar; spread over each layer some of this mixture. Cut the rest of the onion in rings; boil in the vinegar very gently, until quite tender, with the other ounce of curry powder and a little salt. Then pour over the fish. Let it stand till cool, then cork well. It will be fit for use in two or three days, and will keep for months. It is a delicious breakfast or lunch dish.

S.A.W.A.S.

DRESSED CAPE SALMON

2 lb. Cape salmon,
1 small sole,
1 egg,
1 tablespoon cream,
1½ oz. butter,
1 oz. flour,
½ teaspoon anchovy sauce.

Plunge the fish in plenty of boiling water, with a good deal of salt, and boil very gently for 20 minutes; then remove it from the pan; skin and dish it.

Make the Sauce thus: Put the butter and flour in the pan and mix; then add ½ pint of the liquid the fish has been boiled in; stir till it boils; add the cream and the anchovy sauce; pour this sauce all over the fish. Skin the sole and fillet it; cut each fillet in halves; roll the pieces in egg and breadcrumbs, pat them smooth, curl them round a little, and drop in hot fat to fry a pale brown colour. With those fillets decorate the dish.

S.A.W.A.S.

SOLE AU GRATIN

Take a large sole, skin both sides—i.e., remove the white and the black skin—cut off the head and fins. Make several incisions with a knife, season one side of the fish, place it cut side upward on a well-buttered gratin-dish. Season with pepper and salt, add half small glass of white wine, a little mushroom liquor, and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a good brown sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the soles. Place the dish as it leaves the oven on another (large) dish, and send to table. S.A.W.A.S.

SOLES IN PAPER BAGS

Take 1 sole,
½ oz. of butter,
A rounded teaspoon of flour,
½ teaspoon lemon juice,
½ teaspoon of chopped parsley,
½ a glass of sherry,
Salt and pepper.

Wash, dry, and fillet the fish. Well butter a paper bag or some sheets of greaseproof paper, folding the latter so as to form a bag. Warm the ½ oz. of butter, dip the fillets into it, then dust each with flour lightly. Fold the fillets in three, with the skin side turned inwards; sprinkle each fillet with a few drops of lemon juice, a little parsley, salt, and pepper. Slip the fillets into the prepared bag, pour in the sherry, close and fasten the end of the bag, and lay it in a very hot oven for about ten or fifteen minutes. When cooked slip the fish on to a hot dish, and pour the juice around. S.A.W.A.S.

RISSOLES OF FISH—AN OLD DUTCH WAY

1 lb. of fish,
1 onion fried in butter,
1 good slice of soaked bread squeezed very dry,
Some parsley,
Some nutmeg,
A little cayenne pepper,
A little salt,
2 eggs.

Mince the fish very fine; mix with squeezed bread, flavouring, and egg, and dust a little dry biscuit into it as you are rolling it into shape; roll in the egg and breadcrumbs, or dry biscuit pounded, and fry in lard. Serve in a hot dish, with a little melted butter and tomato sauce over it. Very good.

S.A.W.A.S.

FISH SALAD

Skin, bone, and shred some cold fish (almost any kind of white fish will do), put this into a large mixing bowl, and add to it a quarter of its quantity of lettuce washed and shredded; also a quarter of white cleaned celery; cut the celery into shreds or strips. Mix all carefully, adding salt and pepper to taste. Arrange neatly in salad bowl, and pour over some mayonnaise dressing. Garnish with hard-boiled egg cut in slices and a small cress. When celery is not obtainable, use sliced tomatoes.

S.A.W.A.S.

FISH BALLS

½ lb. of cold fish,
1 oz. of butter,
2 ozs. of breadcrumbs,
1 teaspoonful of anchovy sauce,
Grated cheese,
Pepper and salt,
1 egg.

Dissolve the butter, chop the fish, mix all together, bind with beaten egg, shape into balls, brush over with white of egg, roll in the breadcrumbs, mixed with the cheese, and fry in hot fat. S.A.W.A.S.

CREEF, POTTED (CAPE CRAWFISH)

Boil the creef, mince in the sausage machine, adding all the red meat. For 1 lb. of minced creef, 2 blades of mace, 1 teaspoon black pepper, ½ teaspoon salt, some cayenne, 3 oz. butter, 1 oz. sheep tail fat. Mix the spices with the crawfish; work all well together. Bake the whole in a piedish in a moderate oven until nearly brown. To be eaten cold. S.A.W.A.S.

FISH CREAM

1 lb. filleted fish (any good white fish),
4 ozs. butter,
1 cup breadcrumbs,
1 cup milk,
Salt and pepper.

Put fish and milk in pan and simmer for ten minutes. Lift fish out and flake down small. Add breadcrumbs. Beat yolks

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of eggs and add to mixture, then melt butter in milk left in pan, and add to mixture. Season to taste. Beat white of eggs to a froth, then fold lightly into mixture. Place in greased Pyrex, and bake in oven for 40 minutes.

E. L. MOLLISON (Scotland).

FISH SOUFFLE

4 ozs. of uncooked fish,
1 oz. of flour,
1 oz. of butter,
2 small eggs,
1 gill of milk,
Pepper and salt,
Squeeze of lemon juice.

Wipe the fish and shred it finely. Heat and sieve the flour, melt the butter in a pan, add the milk, and when boiling, add the flour, and cook until the sauce is thick. Pound the fish, sauce, one egg, and one yolk of egg, and seasonings, in a bowl. Then rub through a fine sieve. Add the whipped white of one of the eggs, and pour the mixture into a buttered soufflé tin. Cover with a buttered paper, and steam very gently for about three-quarters of an hour. When firm, turn the soufflé on to a hot dish, and coat it with a white sauce.

S.A.W.A.S.

AMERICAN FISH PIE

½ lb. cooked fish,
½ pint white sauce,
1 teaspoonful finely chopped parsley,
Squeeze lemon juice,
Pepper and salt,
1 hard-boiled egg,
1 or 2 tomatoes,
1 lb. cooked potatoes,
1 oz. butter,
Beaten egg and milk,
1 oz. of cheese.

Remove all skin and bone from the fish, mix with the sauce; add the parsley and seasonings. Cut the egg in slices. Scald, skin and slice tomatoes. Sieve the potatoes; melt the butter in a pan, add potatoes, seasonings, egg and milk, and beat until soft and creamy. Put a layer of potato into a greased fireproof dish and fill the dish with alternate layers of fish mixture, sliced eggs, and sliced tomatoes. Pipe creamy potato on top. Sprinkle with cheese. Bake until thoroughly hot and brown on top.

S.A.W.A.S.

BAKED FISH IN CUSTARD

¼ lb. of white fish.

The Custard:

1 egg,
½ pint milk,
Salt,
Lemon juice.

Wipe the fish, and cut it into small pieces. Lay in a greased pie dish. Beat the egg; add the milk, heat it, and the seasonings. Pour the custard over the fish; place the pie dish in a tin of cold water, and bake in a moderate oven from three-quarters to one hour.

S.A.W.A.S.

CURRY OF FISH

½ lb. of white fish,
½ oz. butter,
½ onion,
½ apple or small piece of rhubarb,
¼ oz. curry powder,
¼ oz. flour,
½ pint fish stock,
Salt,
Little lemon juice,
1 tablespoon cream.

Chop the onion and fruit finely. Melt the butter in a saucepan; fry the onion lightly, but do not brown; fry the fruit, then the curry powder thoroughly, and lastly the flour. Stir in the stock gradually, add pinch of salt, and a few drops of lemon juice; bring to the boil and skim. Simmer half an hour, strain, return to the rinsed saucepan, put the fish, cut into pieces, into the sauce, and cook gently about ten minutes. Add the cream. Serve with two ounces of well boiled rice.

S.A.W.A.S.

KEDGEREE

½ lb. cooked Mowbray haddock or white fish,
¼ lb. of cooked rice,
2 ozs. of butter,
1 hard-boiled egg,
Cayenne pepper,
Nutmeg.
Salt.

Wash, boil, and dry the rice. Remove all skin and bones from the fish, and chop roughly. Separate the white from the yolk of the egg; chop the white roughly; rub the yolk through a wire sieve. Melt the butter in a stewpan; add the rice, fish, and white of egg. When thoroughly heated, season with cayenne pepper, nutmeg, and salt. Pile on a hot dish, and decorate with the sieved yolk.

Note: One teaspoonful of curry powder may be added to the fish, rice, etc.

S.A.W.A.S.

RUSSIAN FISH PIE

½ lb. of flaky or rough puff pastry,
½ lb. of any good white fish,
1 gill of coating sauce,
1 hard-boiled egg,
Chopped parsley,
Lemon juice,
Salt and pepper.

Make the pastry, set aside. Cut the fish into small pieces, mix with sauce and seasoning. Roll the pastry to seven inches

square, put the mixture in the centre, cut the egg in four, place on top, cut the edges, fold in envelope shape, decorate with leaves of pastry, brush with egg, bake 35 minutes in a hot oven.

S.A.W.A.S.

SOLE A L'HORLY

Fillets of sole.

Marinade:

1 tablespoonful of oil,
Teaspoonful each of chili and tarragon vinegar,
Chopped parsley,
Chopped onion.

Batter:

1 egg,
1 tablespoonful of oil,
Salt,
4 ozs. of flour,
2 tablespoonfuls of milk,
Fat for frying.

Mix together the flour, oil, milk, yolk of egg and salt, and fold in the stiffly whipped white. Leave the fish in the marinade about an hour, turning once, dip in batter, and fry in smoking hot fat.

S.A.W.A.S.

FRIED RIBBON FILLETS OF SOLE

1 sole,
Lemon juice,
Fried parsley,
Seasoning,
Egg and breadcrumbs,
Lemon butterflies.

Skin and fillet sole, wash and dry, sprinkle with seasoning and lemon juice. Cut the fillet in two lengthwise, tie each in a knot, and tuck in ends. Egg and crumb, fry in hot fat, drain and dish. Garnish with fried parsley and lemon butterflies. Serve separately. Dutch, White, or Hollandaise Sauce.

S.A.W.A.S.

SOLE CAPRICE

1 sole,
Seasoning,
Lemon juice,
2 bananas.

Wash, skin, and fillet sole; season and sprinkle with lemon, egg and crumb, and fry in hot fat. Cut bananas in two lengthwise, and fry in hot fat; drain; serve each fillet with a slice of banana on top. Serve with Hollandaise Sauce.

S.A.W.A.S.

SOLE VERJUS

1 sole,
¼ lb. green grapes,
Olive potatoes,
Chopped parsley,
¼ pint Dutch sauce,
Lemon butterflies,
Lemon juice,
Seasoning,
Coralline pepper.

Skin and fillet sole, wash and dry, sprinkle with seasoning and lemon; roll up fillets and steam or bake. Stone and skin grapes, place in basin, with one tablespoon of sherry, cover, and steam five minutes. Cut potatoes olive shape, and steam till tender (15 to 20 minutes). Dish the fish in circle, place grapes in centre, coat with sauce. Toss potatoes in parsley and seasoning, and pile on top of grapes. Garnish with lemon butterflies, parsley, and coralline. S.A.W.A.S.

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J. H. NEETHLING. J. B. ROSS.
G. W. DILLMAN. Dr. C. M. MURRAY, D.S.O.

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MEAT DISHES

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CHOICE OF MEAT

BEEF: When choosing beef, see that it is fresh in smell. The lean should be of a bright red colour, and should be firm and elastic in texture. Some fat should be intergrained with the lean, and the outside fat should be firm and creamy in colour. The best cuts are always on the back of the animal. The undercuts are tougher. The longer meat is hung before being purchased, the tenderer it becomes.

MUTTON: When choosing mutton, see that it is fresh in smell. The lean should be of a dull red colour, and should be firm and elastic in texture. The fat should be white and hard. In lamb, the flesh is paler.

VEAL: When choosing veal, see that the lean is pink, dry, and closely grained. The fat should be firm and white. Veal should always be cooked as soon as possible.

PORK: In choosing pork, see that the lean is pink and even in colour, the skin thin, and the fat white. Pork should not be used in warm weather.

BACON: Bacon is the name given to the back and sides of pig when salted and dried. The lean should be pink, the fat white and firm, and the rind thin.

HAM: When choosing ham, see that the lean is pink, the fat white, and the rind thin. A small ham is best, and on running a knife close to the bone, it should come out without any unpleasant smell, and should not be greasy. A whole ham should be covered with muslin and hung up.

BOILED HAM OR BACON

Choose a piece of ham or bacon about four pounds in weight.

1. Soak in cold water for one hour if old.
2. Place in pan with cold water to cover and bring slowly to boiling point. Skim.
3. Simmer gently for the required time; and, if to be served cold, leave in the liquid until cool.
4. Lift out and remove the rind with a knife. Sprinkle the top with raspings. S.A.W.A.S.

PICKLED OX TONGUE

1 lb. cooking salt,
6 ozs. sugar,
1 oz. saltpetre,
1 gallon of water,
1 ox tongue.

Put these altogether in a saucepan and boil for five minutes, then strain into a larger bowl, and when cold put in the tongue and cover with a thin cloth. Stand for five days, turning the tongue over every day. Wash well, then soak it for about three hours in cold water before cooking it.

MRS. W. LEDINGHAM.

TO BOIL AND PRESS A TONGUE

Wash the tongue, place in a pan, well cover with cold water, boil gently till tender (about three hours). Remove from pan and remove skin. Place tongue in basin or round Pyrex dish to fit easily, and shape tongue to a nice round. Pour in a little stock, into which has been dissolved one good teaspoonful of gelatine, cover with plate and heavy weights. Allow to become stiff overnight. Turn on to a dish and garnish with lettuce, tomato, etc.

S.A.W.A.S.

EXETER STEW

1 lb. round steak,
1 onion,
1 tablespoonful flour,
1 oz. dripping,
1 tablespoonful vinegar,
Salt and pepper,
1 pint cold water.

Make the dripping very hot in a pan; peel and slice the onion, brown it in the dripping; add the flour and brown that also. Add the water, vinegar and a little salt and pepper; then the meat cut in neat pieces. Simmer for two hours. Three-quarters of an hour before serving, add savoury balls, and continue cooking. Serve neatly.

SAVOURY BALLS

3 ozs. flour,
1 oz. suet (finely chopped),
½ a teaspoonful baking powder,
Pinch herbs,
¼ onion (finely chopped),
½ teaspoonful chopped parsley,
Salt and pepper.

Mix all these well together, make into a light dough with cold water, divide into balls, roll each lightly in flour and drop them into the stew. They will take three-quarters of an hour to cook. Remove the balls; season the stew, if necessary. Arrange the balls round the meat or serve separately if liked.

S.A.W.A.S.

IRISH STEW

1 lb. neck mutton or scraps of mutton,
2 lbs. potatoes,
1 onion,
Water,
1 teaspoonful salt,
⅛ teaspoonful pepper,
2 teaspoonfuls flour.

Cut the meat into chops, trim if necessary. Dip in the flour and place in a stewpan. Peel and slice the onion, place on top of the meat. Add water just to cover the meat. Bring to boiling point. Prepare the potatoes, slice half of them and add to the stew. Put on the lid and allow to cook gently for two hours. Add the rest of the potatoes half an hour before the end. When tender, pile the meat in the centre of a hot dish, arrange the whole potatoes round, and pour over the gravy.

S.A.W.A.S.

DUTCH SWEETBREADS

½ lb. fillet of veal (minced),
2 ozs. breadcrumbs,
1 oz. suet,
1 tablespoonful flour,
1 oz. butter,
1 egg,
A little milk,
Grated lemon rind,
Egg and breadcrumbs,
Seasoning,
Curled bacon,
Lemon butterflies.

Soak breadcrumbs in a little milk, squeeze dry in a towel. Melt butter, add crumbs, cook over fire a few minutes, add veal, suet, egg, seasoning and lemon rind. Divide the mixture into ten parts, shape into flat cakes and mark with thumb in centre. Egg and crumb, fry in hot fat. Place into boiling stock, and simmer gently for about 30 minutes. Remove sweetbreads, thicken gravy with blended flour, boil season, and strain over sweetbreads. Garnish with curled bacon and lemon butterflies.

S.A.W.A.S.

BOER WORS

Old Dutch Recipe:

10 lbs. beef,
1 lb. tail fat,
1½ to 2 lbs. pork.

Mince all together, and mix well with 3 tablespoons fine coriander seed, 1 cup vinegar, 1 teaspoon fine cloves, salt and pepper to taste. Proceed in the usual way.

E. HABLUTZEL.

GALANTINE BEEF AND HAM

1½ lbs. beef steak,
¼ lb. bacon or ham,
2 ozs. breadcrumbs,
1 egg,
1 teaspoonful chopped parsley,
½ teaspoonful of thyme,
Salt, pepper, glaze.

Remove skin from meat, pass meat and ham through the mincing machine. Add other ingredients, bind with beaten egg and form into a roll. Tie in a greased cloth and cook in stock for about two hours. Remove cloth and tie in a dry cloth; press overnight between two plates, with weight on top. Remove cloth, brush with glaze and garnish.

S.A.W.A.S.

FRIED LIVER AND BACON

½ lb. calf or sheep's liver,
¼ lb. bacon,
1 tablespoonful flour,
½ pint water.

Wash dry and skin the liver. Cut in slices and sprinkle with flour, remove the rind and crust from the bacon, and cut the rashers into two or three pieces. Fry until crisp, lift out and keep hot. When the fat is smoking, fry the liver quickly until lightly browned, turn over and fry the other side. Reduce the heat and cook gently until no red colour remains. Lift on to a hot dish. Pour off all but a tablespoonful of fat. Add the flour and brown slowly over a low heat. Add the water and stir until it boils. Boil for two or three minutes, season, skim and pour round the liver. Arrange the bacon on top. The gravy may be served in a boat if liked. S.A.W.A.S.

DRESSED LIVER OR LIVER EN CASSEROLE

1 lb. calf's liver,
Some strips of bacon,
½ pint stock,
1 dessertspoonful Worcester sauce,
Browned crumbs.

Seasoning Mixture:

3 tablespoonfuls breadcrumbs,
1 small onion,
2 sprigs of parsley,
Little grated nutmeg,
Seasoning.

Skin the liver, cut into slices, wash and dry. Lay on a greased dripping tin, put some of the seasoning mixture and a piece of fat bacon on each piece, pour the stock round. Cook in a moderate oven about 30 minutes. Dish on a hot dish, add Worcester Sauce to the gravy. Boil up and pour round the liver. Sprinkle browned crumbs over the bacon.

S.A.W.A.S.

ROAST SHEEP'S HEART

(POT ROASTING)

Example of a pot roast suitable for a small joint:—

1 sheep's heart,
2 ozs. dripping,
¼ teaspoonful salt,
½ teaspoonful flour,
¼ pint stock,
Browning.

ROAST SHEEP'S HEART.—(Cont.)

Forcemeat:

1 oz. stale bread,
2 teaspoonfuls chopped suet,
1 teaspoonful chopped parsley,
½ teaspoonful dried thyme,
½ teaspoonful salt,
Pepper,
Milk to bind.

Wash the heart in tepid salt water. Cut off the deaf ears and pipes from the top, put in a pan with a little cold water to make stock for the gravy. Remove blood vessels. Cut the thick wall in the centre of the heart. Wash well. Make crumbs of the bread (or soak in the milk and mash with a fork). Add the suet, parsley, thyme and seasoning. Add milk to bind. Fill the heart with the forcemeat and fasten with string. Dip in flour. Put the dripping in a small iron pot; when smoking hot put in the heart and baste well. Put on the lid and cook slowly for half an hour. Turn and baste frequently. Put the heart on a hot dish and remove the string. Pour off nearly all the fat. Add the half teaspoonful flour and allow it to brown evenly. Add the stock and salt, and stir until it boils. Add browning if necessary. Pour the gravy round the heart. This can also be baked in the oven. S.A.W.A.S.

FRICASSE OF VEAL

1 lb. fillet of veal,
¼ lb. ham,
¾ pint white stock,
1 onion,
10 peppercorns,
4 inches lemon rind,
Bouquet of herbs,
2 ozs. butter,
2 ozs. flour,
Salt and pepper,
¼ pint milk or cream.

Cut the veal into pieces about 2 inches square, and remove all skin. Cut the ham into small pieces, removing fat. Make the stock hot in a lined pan, add meat, onion, and flavourings, and simmer for one and a half hours. Strain off the stock. Melt the butter in a pan, add the flour, and cook over fire a few minutes (without browning). Stir in half a pint of stock gradually, stir until it boils, add milk to make a thick coating sauce, cook well, add cream and seasoning, put in pieces of meat, make quite hot, and dish up. Garnish with croutons of fried bread and thin slices of lemon. S.A.W.A.S.

BEEFSTEAK PIE

1½ lbs. of second steak,
¼ lb. ox kidney,
1 tablespoonful flour,
½ teaspoonful salt,
Pepper,
8 ozs. good short crust or flaky pastry.

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Cut the steak into thin slices. Remove the core from the kidney, wash and cut into small pieces. Put a piece of the kidney and fat on each slice of meat, and roll up. Mix the flour, salt and pepper, and dip the meat in this. Put meat into a deep pie dish. The meat must fill the dish. Add water to come half-way up. Make the pastry and roll out one inch larger than the dish. Cut a strip one inch wide from round the pastry, wet the edges of the pie dish and put on the strip of pastry, cut side inside, to form a rim. Wet the rim, put on the cover of pastry, trim and knock up the edges. Brush the top with beaten egg. Roll out the trimmings of pastry and make leaves. Cut a hole in the centre of the pie and place the leaves round. Brush with egg. Bake in a hot oven at first to set the pastry. Reduce the heat and cook slowly 1½ to 2 hours. Add a little boiling water to the meat and serve. S.A.W.A.S.

BEEFSTEAK PUDDING

1½ lbs. stewing or second steak,
¼ lb. kidney,
1 tablespoonful flour,
½ teaspoonful salt,
Pepper,
½ lb. suet crust.

Prepare the meat as for Beefsteak Pie.. Prepare the suet pastry, line a greased basin with two thirds of it, and roll the remaining third into a round for the lid. Put in the meat, add cold water, to half-fill the basin. Wet the edges and put on the lid. Cover with greased paper and steam three to six hours. Serve in the basin. S.A.W.A.S.

STEWED SWEETBREADS

2 sweetbreads,
¾ pint stock,
Small onion,
2 inches lemon rind,
Small piece of celery,
6 peppercorns,
Small piece of carrot,
¼ pint of milk and cream,
1 oz. butter,
1 oz. flour.

Wash sweetbreads and soak one hour in cold water, bring to boiling point, then wash and trim off any fat or pipes. Place in a pan with stock, vegetables and flavourings, simmer until tender (one to two hours), remove the sweetbreads, melt butter, add flour, and cook slightly; add the stock and milk gradually; boil, and cook well, add seasonings and cream. Dish sweetbreads on a croute of bread; strain sauce over, garnish with cooked ham, or fried bread and lemon butterflies.

S.A.W.A.S.

GRILLED STEAK—MAITRE D'HOTEL BUTTER

Choose a tender rump steak or fillet about 1½ inches thick. Have grill very hot. Cut meat into pieces and wipe; brush with oil or melted butter. Place under grill. Cook from five to ten minutes on each side. Dish on a hot dish, season, and either put on two or three small pieces of butter, or serve with potato chips and Maitre d'Hotel Butter.

MAITRE D'HOTEL BUTTER:

1 oz. butter,
1 teaspoonful finely chopped parsley,
½ teaspoonful lemon juice,
Seasoning.

Mix all together and form into a block. When quite firm cut into neat dice with a heated knife. S.A.W.A.S.

MIXED GRILL

1 chop,
1 sheep's kidney,
1 mushroom,
1 sausage,
1 tomato,
Seasoning,
Potato straws.

Grill as directed for grilled steak. The fat should be removed from the kidney, and the mushroom must be washed and skinned. Also prick the sausage. The tomato to be cut into two and sprinkled with seasoning. Place on a hot dish with potato straws.

POTATO STRAWS

Wash and peel potatoes, cut into even straws, allow to stand in water for about thirty minutes, dry in towel for at least half an hour. Place in hot fat till cooked (three minutes). Remove from fat, re-heat fat, fry chips till crisp, drain and season.

S.A.W.A.S.

ROAST STUFFED SHOULDER OF MUTTON

6 lbs. shoulder blade end or best end neck,
4 ozs. breadcrumbs,
1½ ozs. suet,
1 teaspoonful chopped parsley,
¼ teaspoonful herbs,
A little grated nutmeg,
Seasoning and egg or stock to bind.

Make forcemeat in the usual way; bone the meat, spread with forcemeat, roll up and tie securely; weigh the joint, allow 20 minutes to each pound, and 25 minutes over. Remove string from meat, dish. Make the gravy and serve separately.

S.A.W.A.S.

STEWED KIDNEYS

4 sheep's kidneys,
¾ pint brown sauce,
Rolled and cooked bacon or cooked macaroni.

Split open the kidneys and remove the core with a pair of scissors, dredge with flour and fry slightly. Simmer in ¾ pint brown sauce for about 1 to 1½ hours. Serve on hot dish, strain sauce over, and garnish with macaroni rings or cooked bacon rolls.

S.A.W.A.S.

POTTED MEAT (JELLIED)

2 lbs. upper part leg of beef,
4 cloves,
¼ lb. butter,
½ pint water,
Salt and pepper.

Remove all gristle, skin and bone, from the beef, cut up into pieces about 2 inches square, place in a stew jar with water, cloves and a little seasoning. Simmer from 2½ to 3 hours, keeping it covered. Allow to get quite cold, then pass through a mincing machine two or three times, and if necessary pounded. Add a little gravy and the rest of the seasoning, melt the butter and add about half of it to the beef; mix very well, press into pots. Pour the rest of the butter on the top, taking care to leave out the sediment.

S.A.W.A.S.

STEWED OX-TAIL

1 ox-tail,
1 small onion,
2 cloves,
½ blade mace,
Bouquet of herbs,
½ carrot,
½ turnip,
6 peppercorns,
½ tablespoonful lemon juice,
1 tablespoonful mushroom ketchup,
1 pint cold water or stock,
1 tablespoonful of browned flour,
2 ozs. butter.

Divide the tail into joints after washing and drying it. Trim off superfluous fat. Fry a nice brown in butter, and place in a pot with hot water or stock; add lemon juice, onion (fried), the herbs and vegetables and seasoning. Simmer four to six hours until tender. Remove the joints, strain the gravy, place the browned flour in the pot, add the gravy, stir till boiling; add ketchup. Put back the joints, and allow to heat through. Serve, garnished with croutons of fried bread, also carrot and turnip cut into fancy shapes, and boiled in salt water.

S.A.W.A.S.

CURRIED VEAL

½ small apple,
¼ onion,
¾ pint stock,
1 tablespoonful cocoanut,
1 teaspoonful curry powder,
1 teaspoonful curry paste,
½ tablespoonful flour,
Little lemon juice,
1 oz. butter,
¾ lb. veal fillet,
3 ozs. boiled rice,
Coraline and parsley.

Soak the cocoanut with stock; chop apple and onion very finely and fry in a lined pan with the butter until slightly brown; add the curry powder and paste; strain the cocoanut from the stock and add the stock, bring to the boil. Cut the veal into pieces about 1½ inches, fry quickly in a little butter, drain, add to the curry sauce; cook slowly until tender (one hour); add the blended flour and lemon juice, boil a few minutes. Dish the curry inside a border of boiled rice; garnish with coraline and parsley. Serve. S.A.W.A.S.

OXFORD CUTLETS

¼ lb. cold meat (well trimmed)
½ small onion (cooked),
1 oz. butter,
1 oz. flour,
¼ pint stock (short),
Salt, pepper, cayenne,
Egg and breadcrumbs,
Hot fat.

Chop the meat and onion till fine. Melt the butter in a pan add flour, cook a minute or two, then add stock, stir till boiling, cook well. Add prepared meat, onion and seasoning, spread on a plate and allow to cool. Divide into eight and make up into meat cutlets using a few crumbs on a board to prevent sticking. Egg and crumb, re-shape, place a small piece of macaroni in end of each cutlet to represent bone, and fry. Dish up in a circle or round a centre of cooked vegetables, and serve with gravy.

S.A.W.A.S.

KROMESKIES

½ oz. butter,
½ oz. flour,
½ gill stock,
Seasoning,
2 ozs. cooked meat,
Thin bacon rashers,
Coating batter,
Fried parsley.

Melt margarine, add flour and seasoning, fry a minute or two; add stock, stir till mixture leaves the sides of the pan; add meat minced. Spread on a plate to cool, form into about six small cork shapes, wrap each round with thin bacon, dipping in coating batter, fry in hot fat, drain, dish; garnish with fried parsley.

KROMESKIES.—(Cont.)

Coating Batter:

3 ozs. flour,
1 oz. breadcrumbs,
Milk,
1 egg,
Seasoning.

Mix flour, breadcrumbs and seasoning; add egg and sufficient milk to make a thick consistency. Beat well. Set aside to cool. Just before using add sufficient milk to make a coating consistency. S.A.W.A.S.

CORNISH PASTIES

SHORT CRUST PASTRY

6 oz. flour.
3 oz. butter.
Salt and cold water to mix.

Rub butter in flour with tips of fingers, lifting up high, so as to allow enough air. Rub till like fine breadcrumbs. Add salt and cold water to make a stiff paste with a knife. Turn pastry on to a floured board, cut into six parts. Roll each into a round piece and put a little mixture on each round (side rolled must be right side), moisten edge, squeeze together, knock up edge and flute it, brush over with a little egg. Oven should be 350 degrees. Leave pasties in for about half an hour.

Mixture: ½ lb. raw mutton, piece of onion, 1 potato, parsley. Mince all together, and add salt and pepper.

MISS C. VAN DER WESTHUIZEN.

TOAD IN THE HOLE

1 lb. pork sausages,
½ lb. self-raising flour,
2 eggs,
1 pint milk,
1 oz. dripping,
1 dessertspoonful tomato sauce or ketchup,
½ teaspoonful of mixed herbs.

Sift flour into basin with pinch of salt. Make a well in the centre and drop in the eggs whole. Mix a small quantity of the flour with eggs, and then take half of the milk and add gradually, mixing in the flour by degrees until batter is smooth. Beat this well for a few minutes, then stir in the remainder of the milk and leave batter to stand for at least one hour. Skin the sausages and divide meat into smooth rolls on a lightly floured board. When ready to cook the batter, put dripping into a pie or fireproof dish, and let it melt in oven. Stir tomato sauce and herbs into batter, and season with salt and pepper. Place rolls of sausage meat in dish with dripping, and pour batter over them. Put into a moderately hot oven to bake for

Try SOUP today the OXO way

By adding one or two OXO cubes to your vegetable water a delicious soup is quickly made full of extra goodness and nourishment. A welcome addition to wartime meals.

STRENGTHENS THE HOME FRONT

about ¾ hour. If preferred, sauce and herbs may be omitted and plain flour with two level teaspoonsful baking powder used instead of Self Raising Flour.

MRS. B. E. JOHN.

CASSEROLE OF CHOPS

(TASTY AND NUTRITIOUS)

4 mutton chops,
1 medium onion,
1 tomato,
Gravy or good stock,
1 or 2 carrots,
2 or 3 potatoes,
Browned flour (browned in oven),
Seasoning.

Prepare the four chops (or required quantity), and trim off any excess fat. Roll them in the seasoned browned flour and place in the bottom of a Pyrex or Oven Glass Dish. Slice the vegetables in fairly thin rounds, and arrange over the chops the sliced carrots, tomato and onion, and lastly the sliced potatoes. Season with a little salt and pepper, and half fill the dish with gravy or good stock. Cook in the oven for 1½ hours at 350 to 400 degrees, or good medium oven. Do not allow oven to get too hot.

MRS. DOREEN E. MORGAN.

JELLIED CALVES TONGUES

3 fresh tongues,
1 small onion (sliced),
½ a cup of diced celery,
1 slice of lemon,
12 peppercorns,
½ a bay leaf,
1 teaspoonful of salt,
1 Oxo cube,
½ a teaspoonful of Worcestershire sauce,
Salt and pepper,
1 tablespoonful of gelatine,
¼ cup of cold water.

Scrub the tongues in water; put in a deep pot with the celery, onion, lemon, peppercorns, bay leaf, and salt. Cover with boiling water; simmer gently until tongues are tender when tested with a fork (about two hours), remove the tongues from the stock to cool. Strain the stock through wet cheese cloth; measure and concentrate by boiling if necessary, until it measures 1¼ cups. Dissolve the Oxo cube in the hot stock, add sauce, and salt and pepper if needed. While the stock is being concentrated, remove the skin, tubes and connective tissue from the tongues; arrange in a mould. Soak the gelatine in ¼ cup cold water for five minutes; dissolve in the boiling stock; pour around the tongues in the mould. Chill until firm, unmould.

OXO LIMITED.

SIMPLE SCOTCH CURRY

1 Oxo cube,
2 ozs. butter,
½ lb. steak,
1 teaspoonful vinegar,
1 peeled cooking apple,
Lemon juice to taste,
½ pint boiling water,
4 large peeled onions,
1 teaspoonful curry powder,
1 tablespoonful dessicated cocoanut,
Salt and pepper to taste.

Dissolve Oxo in the water. Melt butter in a saucepan. Dice and add the meat. Fry for a moment or two, then add sliced onion and apple; fry meat and onions for three or four minutes, taking care not to let the onions burn, then stir in curry powder, cocoanut, Oxo, and vinegar. Stir till boiling. Add lemon juice. Cover and simmer for one hour. Salt and pepper to taste. Simmer for another hour. Serve in the centre of a hot dish in a border of boiled rice, with baked potatoes in their jackets and chutney.

OXO LIMITED.

OLD DUTCH PIE

12 ozs. flour,
4 ozs. Pastrine,
1 gill milk,
½ teaspoonful salt,
1 teaspoonful baking powder.

Filling:

1 lb. lean Pork.
2 onions.
1 gill cold water.
Seasoning.
Pinch of mace.
Small bay leaf.

Cook the ingredients for the filling very slowly for 2½ hours till tender. Sift flour, salt and baking powder. Heat pastrine and milk together, and add to the flour. Knead well. Line a cake tin with two-thirds of the mixture. Pour in filling, then cover with a pastry lid, pressing edges together with finger and decorating. Bake three-quarters of an hour in a moderate oven 400 degrees F. Remove carefully from tin, and continue baking until pie crust is brown.

LEVER BROS.

SAVOURY MINCE

1 lb. minced ham,
Seasoning,
3 hard-boiled eggs,
2 cups cooked peas,
1½ ozs. Pastrine.

Melt half the Pastrine, and turn minced ham in it till lightly browned. Melt other half of the Pastrine and toss green peas in it till glossy. Sieve yolks of hard boiled eggs and chop whites up roughly. Arrange attractively in a dish, with alternate strips of sieved yolk, mince, peas, and chopped egg whites. This can be varied in hot weather by serving cold with mayonnaise and a crisp salad.

LEVER BROS.

VEAL OLIVES

1½ lbs. fillet of veal,
1 onion,
¼ lb. forcemeat,
Mashed potatoes,
4 ozs. bacon,
1 oz. Pastrine.
Salt and pepper.
½ pint of brown gravy,
1 wineglass of sherry.

Cut veal into strips 3 to 4 inches long and 2 inches wide. Cut bacon into slices a little smaller than veal strips. Spread these with forcemeat. Roll up neatly and tie with cotton. Melt Pastrine in pan, brown onions and veal rolls in it, turning them frequently. Add the gravy and seasoning. Simmer very gently until tender. Before serving add wine. Serve with mashed potato piled in centre of a dish. Decorate the base with peas, then remove cotton from veal olives. Place them round the peas and strain sauce over them.

LEVER BROS.

DRY PICKLE

1 lb. brown sugar,
3½ lbs. salt,
1 oz. saltpetre.
1 oz. pickling spices.

Mix all well, rub into the meat.

S.A.W.A.S.

WET PICKLE

1½ lbs. coarse salt,
¾ lb. brown sugar,
¾ oz. saltpetre,
1 gallon of water,
1 chili pod,
1 dozen peppercorns,
½ dozen mustard seeds.

Place all in a pan and bring to the boil.

S.A.W.A.S.

PICKLED MEAT (DRY)

Bone the meat if necessary, after making the pickle, rub the pickle well into the meat. Make a hole in centre of the pickle. Place in the meat and cover. Repeat this process daily, anything from three to eight days. Remove meat, wash and dry.

S.A.W.A.S.

PICKLED MEAT (WET)

Bone the meat and tie up neatly; place into the wet pickle (when the pickle is cold), cover; leave in pickle anything from three to ten days.

S.A.W.A.S.

TWENTY-MINUTE CHOPS

(VERY GOOD)

Cutlets cut from leg of mutton (1½ to 2 lbs. as required),
1 small onion,
1 egg,
Little milk,
Seasoning,
Parsley,
Good supply of stale breadcrumbs, finely grated or sieved,
Fat,
Shallow baking pan just large enough for cutlets.

Beat the cutlets well with meat bat to make them tender. Grease the pan well with dripping or fat. Chop onion very finely with parsley and add to the breadcrumbs on flat dish. Beat up egg and add little milk. Put on flat dish, season cutlets. Moisten one side with egg and milk, and dip in breadcrumb mixture. Repeat on other side. Pack cutlets side by side in the pan. Sprinkle surplus crumbs over and between. Put pieces of fat or dripping on and between the cutlets. Bake in a moderate oven for 20 minutes to half an hour. The cutlets will prove to be tender and savoury.

MISS H. BUYSKES.

BOBOTEE

1 lb. mutton or beef (minced),
1 thin slice white bread,
1 egg,
1 small onion (chopped),
1 gill milk,
6 almonds,
Lemon juice,
1 oz. dripping,
1 oz. curry powder,
Little sugar,
Lemon leaves or bay leaves.

Soak the bread, drain and mash finely. Melt dripping and fry onion. Add curry powder. Mix well. Add salt and lemon juice, and remove from fire. Mix very thoroughly minced meat, bread and above ingredients. Pour into greased pie dish. Lemon or bay leaves (four to six) should be rolled and stuck in at top of mixture. Almonds may be chopped and added to first mixture, or finely split and stuck in at intervals. The egg and milk used **must** be enough to form a yellow custardy surface on top, or dish will be too dry. Bake in moderate oven one to one and a half hours. Serve very hot, with well cooked rice. Chutney or apricot jam is often served with it.

MISS H. BUYSKES.

CURRIED CHOPS

2 lbs. loin chops,
4 large onions,
2 large apples,
6 dried apricots,
1 tablespoon curry powder,
1 tablespoon sugar,
1 cup water,
1 cup vinegar.

Make a tablespoon of tail-fat hot in a stewpan, brown chops in it, then lift them on to a plate. Fry onions (sliced), then add apples and apricots also sliced. Mix curry powder, sugar, vinegar and water in a bowl, add to above, stir well, place chops on top and simmer for three hours. Add salt and pepper to taste. Serve with rice or hard boiled eggs.

MRS. K. BOSMAN.

MEAT SOUFFLE

1 cup cold meat (minced),
1 oz. butter,
1 oz. flour,
1 teacup milk or stock,
1 egg,
Salt, pepper, and a little grated nutmeg,
½ teaspoon chopped parsley.

Grease a Pyrex dish, or a pie dish. Make a thick binding sauce of the butter, flour and milk given above. When cooked add the minced meat and seasonings. Remove from the stove and add the yolk of the egg. Beat well. Return to the stove and cook for one minute, stirring all the time. Beat up the white of the egg stiffly, and then fold it lightly into the meat mixture. Put into the prepared dish, and bake in a moderately hot oven 15-20 minutes. Serve hot.

W. M. CURREY.

SCALLOPED HAM GAMMON

Ask for middle cut of gammon about 1 inch thick, weight about 1½ lb., 4 cups sliced potatoes (raw), 1/8 inch thick, 2 onions, cut in rings, 2 cups of milk, 2 tablespoonfuls of butter, 2 tablespoonsful flour, pepper to taste. Sufficient for five or six persons.
Method:

Soak potatoes in cold water for half an hour, drain and dry. Cut in thin slices, cut ham in portions for serving, make white sauce with butter, milk and flour; place in greased Pyrex dish a layer of onions, potatoes and pepper, a layer of ham, onions, ham and potatoes. Pour sauce over all and cover. Bake 1½ hours in oven 350 degrees F., and for last half-hour uncover dish.

G.D.

BOBOTEE

Neem:

2 pond rou skaap of beesvleis,
1 uie,
1 sny witbrood,
1 lepel botter,
2 koppies melk,
2 eiers,
1 dessert-lepel suiker,
1½ eetlepels kerrie,
2 eetlepels asijn,
1 eetlepel appelkoos jam,
Sout.

Maal vleis saam met uie. Week brood in melk, en druk droog uit. Meng alles goed deurmekaar. Sit in 'n pastei-skottel, gooi bô-oor een koppie melk opgeklop met 'n eier. Fijn amandels met die mengsel is baie lekker. Bak goed bruin in n warm oond.

MRS MEYER RAUBENHEIMER (Zebra).

KOTLETTEN

Maal omtrent 1 pond vleis,
voeg daarbij,
1 eetlepel asijn,
1 dessert-lepel Worcestershire sauce,
1 teelepel suiker,
1 oz. broodkrummels,
1 eier goed geklits,
Peper en sout,
Meng baie goed.

Smeer botterpapier, sit een lepel vol in elk papier, en braai op rooster.

MRS. MEYER RAUBENHEIMER (Zebra).

PASTRY MAKING

"The way to a man's heart is through his stomach!"

SUET PASTRY

8 ozs. flour,
3 to 4 ozs. suet,
½ teaspoonful salt,
1 teaspoonful baking powder.
About one gill water.

Remove skin from suet, shred and chop finely, using some of the measured flour if necessary. Mix all dry ingredients. Rub suet into flour with fingers. Mix with cold water to an elastic consistency. Turn on to a floured board, roll once, and use as required. May be boiled, steamed or baked.

S.A.W.A.S.

POTATO PASTRY

¼ lb. potatoes,
¼ lb. flour,
3 ozs. butter,
1 teaspoonful baking powder.

Rub the shortening into the flour. Add the baking powder and mix in the sieved potatoes, and enough cold water to make a stiff dough. Roll out and use as short pastry.

S.A.W.A.S.

SHORT CRUST

8 ozs. flour,
4 ozs. butter,
¼ teaspoonful salt,
Cold water to moisten (about ¾ gill).

Cut the shortening into the flour, then rub till like fine breadcrumbs; add all dry ingredients, mix well. Mix very stiffly with cold water, work slightly until smooth. Roll out once, and use as required. Bake in a hot oven.

N.B.—For sweet dishes the above pastry should have one tablespoonful sifted sugar added to the flour. If a smaller proportion of shortening be used, half a teaspoonful of baking powder should be added to 8 oz. of flour.

S.A.W.A.S.

ROUGH PUFF PASTRY

8 ozs. flour,
5/6 ozs. shortening,
¼ teaspoonful salt,
About 1 gill cold water,
About 1 teaspoonful lemon juice.

Have lighter pastry, better-risen cakes, crisper fried foods, airier puddings than ever before! Use Pastrine—not only for one cooking job, but for all. Pure, white, all-vegetable, Pastrine cooks everything better. It makes food more digestible, and saves you money because it goes further in use. Order Pastrine—always!

PL 166

Mix the dry ingredients; cut shortening into pieces about the size of a small walnut; make a well in centre of flour, add lemon juice. Mix to an elastic consistency with the cold water. Turn on to a floured board, work a little, roll out in a long strip, flour lightly, fold in three, roll out again; again flour and fold, roll out a third time, and if necessary a fourth. Use for sweet and savoury dishes; bake in a hot oven.

S.A.W.A.S.

EASY WAY OF MAKING PUFF PASTRY

1 lb. flour,
¾ lb. butter,
1 beaten egg,
Teaspoonful of lemon juice,
Water as required.

Sieve flour into basin, rub in butter, lightly. Add lemon juice, egg and water. Mix into smooth paste. Roll paste into a strip about 12 inches long, then roll up as you would a jam roll. Press the edges to right and left lightly with rolling-pin to keep air from escaping. Place in refrigerator until required. Roll **once** only when about to use, rolling from pressed edges. This paste will keep several days if wrapped in grease-proof paper and placed in a refrigerator.

ANONYMOUS.

CHOUX PASTRY

2½ ozs. flour,
1 oz. butter,
1 gill water,
2 eggs.

Boil water and butter, and when fast boiling place in all the sieved flour at once; stir well to remove lumps, then cook a few minutes. Remove from fire and beat well; add the well beaten eggs, beating well. Place on to a greased tin in spoonfuls; bake in moderate oven about 30 minutes. When firm take off the top, hollow out the centre. Allow to cool, fill with whipped flavoured cream, replace the top and dust with icing sugar.

S.A.W.A.S.

PUDDINGS
HOT & COLD

"An apple a day keeps the doctor away!"

BANANA CUSTARD PIE

6 ozs. shortcrust,
½ cup castor sugar,
Juice one lemon,
3 or 4 bananas,
¼ teaspoonful grated lemon rind,
¼ teaspoon grated nutmeg,
1 egg and 1 yolk,
1 cup milk.

Use short crust pastry for base. Place sugar, lemon rind and juice in a mixing bowl, with 1 cup sieved bananas. Slowly stir in the milk, egg yolk, the whole egg and the nutmeg. Beat well and pour into prepared pie plate. Bake in a slow oven for 25 minutes. Enough for five or six.

MRS. G. PARGITER.

CHOCOLATE BREAD PUDDING

Small cup breadcrumbs,
2 cups hot milk,
12 squares unsweetened chocolate (Cadbury's Mexican will do),
2 eggs,
¼ teaspoonful salt,
½ teaspoonful vanilla,
¼ cup cold milk,
2 or 3 tablespoons sugar (according to taste).

Soak breadcrumbs in hot milk. Melt chocolate. Beat eggs, add cold milk, vanilla, salt and sugar. Add all to soaked breadcrumbs and mix well. Pour into a buttered dish, set in a pan of hot water, and bake in a moderate oven for about an hour. Serves six to eight persons. A shilling cake of chocolate makes three or four puddings.

MRS. E. M. SKAIFE.

ECONOMICAL PUDDING

4 tablespoons flour (heaped),
1 heaped tablespoon butter,
2 large tablespoons jam,
1 teaspoon bi-carbonate of soda,
2 tablespoons milk.

Mix soda in milk. Mix butter in flour, add jam, and then the soda and milk. Steam for two hours. Serve with custard.

MRS. STICKLEN.

MABEL'S PUDDING

1 pint milk,
¾ cup butter,
1 cup sugar,
1 cup flour and a pinch of salt,
4 to 5 eggs.

Beat butter and sugar to a cream, then add egg yolks, one at a time, beating well after each egg has been added; then add flour and milk alternately. Bake in a moderate oven for about ¾ hour, then put a little jam on top, and then add the well whipped whites. Put back in oven to set.

MRS. D. P. MARAIS.

NATIONAL PUDDING

2 cups flour,
2 ozs. butter,
2 teaspoonfuls baking powder,
2 eggs,
Pinch of salt,
Apricot jam or apple pulp.

Sift together the flour, salt, and baking powder. Rub in the butter and mix to a stiff dough with the beaten eggs and a little water. Roll out into an oblong and spread with the jam or apple pulp. Roll up like a Swiss Roll, place into a pie dish and pour over the following sauce.

Sauce:
2 cups sugar,
3 cups water,
1 dessertspoonful butter.

Place ingredients in a saucepan, stirring until sugar is dissolved. Bring to the boil and pour over the pudding. Bake.

MRS. R. LEWIS.

BAKEWELL TART

4 ozs. butter,
4 ozs. sugar,
3 eggs,
Almond essence.

Beat eggs and sugar, add flavouring and mix in the melted butter lightly. Line pie plate with scraps of puff, or rough puff pastry, then layer of Strawberry or Raspberry Jam. Pile filling on top, and bake in a hot oven.

S.A.W.A.S.

CHEESE TART

(FILLING)

½ lb. cream cheese,
2 eggs,
Sugar as required,
About 1 cupful of cream,
If desired, add a tablespoonful of currants.

MOIR'S
TRADE MARK

A FAVOURITE WITH ALL ..

IT IS NO SECRET THAT MOIR'S ARE THE BEST FLAVOURS ALWAYS !

Mix all together, sweeten to taste, consistency as for a thick custard. Line tin with pastry about ¼ inch thick. Pour in cheese mixture. Bake for one hour. Temperature: Electric oven, 350 degrees. Gas, No. 5. Sufficient for two large tarts.

MRS. F.FRIEDMAN.

CRUST FOR APPLE OR CHEESE CAKES

¼ lb. butter,
1 cupful flour,
1 egg.
¼ cup sugar.

Rub flour and butter; add sugar; bind with egg.

Alternate:

2 cups self-raising flour.
Pinch baking powder.
¼ lb. butter.
1 cup cream.

Rub butter and flour; add cream.

MRS. F. FRIEDMAN.

APPLE TART

(FILLING).

2 or 3 large apples,
Sugar as required,
2 eggs.
1 cupful cream.

Prepare tin as for Cheese Tart. Grate apples, sweeten to taste. Put apples into tin, filling it about half-way up. Beat up eggs, add cream and sugar. Pour over prepared apples. Bake for one hour. Temperature: Electric oven, 350 degrees. Gas, No. 5.

MRS. F. FRIEDMAN.

ORANGE JELLY

1 pint of orange juice,
2 dessertspoons of gelatine,
½ cup sugar,
A little lemon juice.

Method of Making:

Melt gelatine in a cup of boiling water, and add to orange juice, lemon and sugar. Serve in a glass dish.

M. V. HAMILTON.

LEMON CREAM

(FOR FOUR PERSONS)

2½ cups tepid water,
1 cup sugar,
3 yolks,
Rind and juice of 2 lemons,
2 tablespoonfuls potato flour or Maizena.

To Double: 5 cups tepid water, 2 cups sugar, 5 yolks, rind and juice of 3 lemons, 4 tablespoonsful Maizena. Stiffly beaten whites.

Place water, sugar, lemon and yolks into saucepan. When hot add Maizena, which has been mixed to a paste; stir all the time until the mixture thickens; when cool add very stiffly beaten whites.

MRS. M. RONALD.

ORANGE SOUFFLE

(REFRIGERATOR MOULD)

2 oranges,
½ lemon,
3 teaspoonfuls gelatine,
3 eggs,
1 small cup sugar.

Beat yolks of eggs with sugar until frothy; add orange juice, lemon juice, and the grated rind of one orange. Soak gelatine in a little hot water and add to the eggs. When nearly set add stiffly beaten whites, set in glasses or moulds. Decorate with cream, cherries, etc.

MRS. A. PENKIN.

CORONATION PUDDING

1 egg-cup gelatine soaked in in a tea-cup warm water,
3 cups fresh milk.

Mix these with a large cup of sugar and the well beaten yolks of three eggs and one cup of orange and lemon juice mixed. Add all above to the melted gelatine. Lastly add the well beaten whites of the three eggs. Serve with cream.

MISS H. BUYSKES.

BAKED APPLE ROLL

Boil 1½ cups sugar with 2 cups milk. Boil slowly, and stir until it thickens; take 2 cups flour, 1 egg, 2 tablespoonsful sugar, ½ cup milk, 2½ tablespoonsful butter, 2 teaspoonfuls baking powder, and ½ teaspoonful salt. Mix ingredients into a dough, grate 2 apples, roll out dough, spread grated apple on the mixture, roll and cut in slices. Place slices in deep dish, and pour syrup over the cut roll and bake. Sprinkle cinnamon on top if desired. The roll absorbs all the syrup.

MISS E. M. PHILLIPS.

EXCELLENT PIE-CRUST

1 small cup flour,
Sifted with 1 teaspoonful of baking powder,
Then add pinch of salt,
2 tablespoonfuls of dripping,
And 1 egg.

Rub dripping in flour, etc.; now add portion of the egg and mix, adding as well a little water, making a very stiff dough with the hand. Now roll out, cutting off a piece for the sides. Brush over with the remainder of the egg. Place in oven, cutting off the bottom element, leaving on the top.

MISS E. M. PHILLIPS.

DATE PUDDING

2 spoonfuls of butter,
1 teacup boiling water poured on butter,
2 teaspoonfuls of bi-carbonate of soda mixed in 1 teacup of cold water,

Add to butter, etc. Add 1 cup sugar, 3 cups flour, 1 lb. stoned dates; mix overnight, stir up next morning; place in buttered basin, tie in a cloth. Steam three hours. **Very** good.

MRS. WOCKE.

BOILED PUDDING

3 cups self-raising flour,
3 eggs,
¼ lb. butter,
1¼ cups sugar,
2 tablespoons syrup,
¼ lb. sultanas,
¼ lb. currants,
1 teaspoonful cocoa,
1 teaspoonful ginger,
Enough milk to mix.

Mix all ingredients and tie in floured wet calico or parchment paper and boil for three hours in water. Serve with custard, prune juice, or syrup.

MRS. B. FRIEDMAN.

DOWNFIELD PUDDING

3 tablespoons flour,
3 tablespoons ground rice or breadcrumbs,
3 tablespoons sugar,
3 tablespoons dates,
3 tablespoons sultanas,
1 tablespoon butter,
1 teaspoon mixed spice,
Heaped teaspoon baking soda,
½ pint boiling milk.

Mix flour and ground rice, rub in butter, add spice, soda, etc. Mix very thoroughly, then add the boiling milk. Steam for three hours.

M. M. CRAWFORD.

SPECIAL SPONGE

1 tin Ideal milk,
1 jelly.

Make jelly and allow to cool, but not set. Whip up tin of milk into cream, and fold into jelly and whip together. Allow to set.

MRS. STICKLEN.

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Wine Guide for the Hostess

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The order in which Wines are served should be dependent upon individual taste and the food served. Here, however, is the traditional order of serving, together with name of the appropriate E. K. Green Wine:—

HORS D'OEUVRES
Light White Wine (Koeleneberg)

OYSTERS
Dry Champagne (Del Monico)

SOUP
Dry Sherry (Kimberley Club)
or
Dry Madeira (Madeira)

FISH
Champagne (Dry Imperial)
or
Dry White Wine (Koelenberg)

ENTREES
Claret (Claret)

ROAST MEATS & GAME
Burgundy (Burgundy)

FOWL
Dry Champagne (Del Monico)

SWEETS
Sauterne (Saturnberg)

CHEESE
Port (Van der Stel Vintage)
Brown Sherry (Eekay Old Brown)

COFFEE
Liqueur (Argosy Mandarin)
Old Brandy (Limosin)

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"The better the wine – the better the dish"
Always order wines produced by

E. K. GREEN & CO., LTD.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

CHRISTMAS PLUM PUDDING

½ lb. Valencia raisins,
½ lb. currants,
½ lb. sultanas,
10 ozs. sugar,
½ lb. suet,
¼ lb. flour,
1 small apple or half large apple,
6 ozs. breadcrumbs,
2 ozs. mixed peel,
2 ozs. almonds,
1 teaspoonful mixed spice,
Good pinch of salt,
Rind and juice of 1 lemon,
2 tablespoons **Limosin Brandy**,
3 eggs,
Milk if necessary.

Prepare fruit, stone raisins and chop slightly. Pick and clean currants and sultanas. Shred peel, blanch and chop almonds. Peel and chop apple and grated rind thinly from lemon. Put all fruit into a large basin or crock, add the other dry ingredients and mix thoroughly. Beat eggs well and add them with the brandy, lemon juice, and enough milk to bind all together. Cover mixture and allow to stand for 24 hours before cooking. Then fill up greased moulds or basins with the mixture, tie over them a scalded and floured cloth, and boil from six to eight hours, according to size. Keep the puddings in a cool place for several weeks before using them, and re-boil for several hours as required. Before serving the pudding, pour a wineglassful of brandy round the base and set a light to it just before putting it on the table. Serve with a custard sauce flavoured with brandy or with brandy butter.

Brandy Butter or Hard Sauce:

2 ozs. unsalted butter,
¼ lb. castor or icing sugar,
½ teaspoonful vanilla essence,
1 dessertspoonful Limosin Brandy.

Beat butter in a basin till light and creamy. Sieve sugar add it gradually to the butter, and beat again until very white and frothy. Flavour with brandy and vanilla or any other flavouring preferred. Set the sauce in a cool place, or on ice, to harden, and serve piled up in little fancy glass or china dish, sprinkled with nutmeg.

S.A.W.A.S.

OMELET SOUFFLE

2 yolks, 3 whites,
1 teaspoonful sugar,
½ oz. clarified butter or salad oil,
Jam.

Separate the whites from the yolks, add sugar to the yolks and beat well. Whisk up whites to a very stiff froth, lightly fold the two together. Melt the butter in an omelet pan. When just

melting, pour in the mixture and cook lightly until nicely set and browned. Cook the upper side under the grill or in front of a clear fire or in the oven. Turn right over on to a sugared paper, make an incision in centre, and put a teaspoonful of warm jam in centre. Fold over, sift with sugar on top and serve at once.

S.A.W.A.S.

SPICED APPLE TART

1½ lb. apples.
½ lb. dates or prunes,
1 teaspoonful ground cinnamon,
¼ lb. sugar,
A little water,
½ lb. spiced pastry.

Spiced Pastry:

½ lb. flour.
¼ lb. butter.
1 egg.
1 tablespoonful castor sugar.
1 teaspoonful cinnamon.
Little cold water.

Rub the butter into the flour, add sugar and cinnamon, bind with egg and a little water to a stiff paste. Stew dates or prunes with the apples, to a pulp. Stone dates or prunes. When cool add cinnamon and mix thoroughly. Make the pastry and divide into three, letting one piece be larger than the other two. Roll out in a long strip. Line a greased tin or flower ring with pastry, roll out the second piece and fit in the bottom. Place in the apple mixture, and cover with the third piece. Trim the edges. Bake at least half an hour in a fairly hot oven. When cool it may be iced or thickly sifted with sugar.

S.A.W.A.S.

LEMON PIE

¼ lb. short crust pastry,
2 eggs,
2 lemons,
1 gill cream or milk,
1 tablespoon cornflour,
1 breakfastcup castor sugar,
¼ teaspoon cinnamon,
1 oz. butter.

Roll out pastry and line a pie dish with it. Decorate edges with leaves of pastry. Beat two yolks together, mix the cornflour, sugar, cinnamon, grated lemon rind, and juice. Blend with a little cold water or milk. Pour boiling milk over, add butter and yolks. Pour mixture into the lined dish. Bake in a slow oven until the paste is cooked. Whisk the whites stiffly. Fold in two tablespoonsful of castor sugar. Pile on top of pie. It is ready when set and tinged a golden brown.

S.A.W.A.S.

LEICESTER PUDDING

½ lb. flour,
3 ozs. sugar,
¼ lb. butter,
2 eggs,
1 teaspoonful baking powder,
Raspberry jam or golden syrup.

Beat the butter and sugar to a cream. Whisk the eggs and sift the flour and baking powder. Add egg and flour alternately to the creamed butter and sugar. Put some jam in the bottom of a greased basin, and place the mixture in. Cover with a greased paper and steam regularly 1½ to 2 hours. Turn out and spread the jam over the pudding.

S.A.W.A.S.

STEAMED ORANGE PUDDING

4 ozs. flour,
3 ozs. butter,
3 ozs. sugar,
2 eggs,
Rind of 1 orange,
2 tablespoonfuls of orange juice,
½ teaspoonful baking powder.

Cream butter and sugar together, add well beaten eggs gradually, then the rind and flour; mix well. Lastly add the juice and baking powder. Turn into a plain greased tin, cover with greased paper, steam gently 1½ to 2 hours. Serve with orange sauce poured round.

Orange Sauce:

Juice of 1 orange,
Few strips of rind,
2 ozs. loaf sugar,
½ teaspoonful of arrowroot,
1 gill water.

Blend arrowroot with water, add other ingredients, and bring to the boil.

S.A.W.A.S.

SWISS CREAM

3 penny sponge cakes,
2 or 3 tablespoonfuls of sherry or fruit syrup,
¾ pint milk,
1 oz. flour,
1½ oz. castor sugar,
1 oz. almonds,
1 whole egg and 1 yolk,
Raspberry jam.

Split the sponge cakes and spread with jam and place in a glass dish. Soak with sherry. Mix the flour with a little cold milk. Heat the rest of the milk with the lemon rind. Stir into the blended flour. Add beaten eggs and sugar, and stir until boiling. Cook thoroughly. Take off, and stir occasionally till well off boiling point. Then pour custard over sponges. Blanch the almonds, cut into strips and stick into custard or decorate as desired.

S.A.W.A.S.

BANANA ROLLS

4 ozs. rough puff or flaky pastry.
4 bananas.
Sugar.

Make pastry in usual way.

Skin bananas; either keep whole or cut in two lengthwise. Roll pastry into a strip. Dip banana in sugar, place on pastry, moisten edges, fold over and cut (like a sausage roll); brush with water, dust lightly with sugar. Bake in hot oven 20-25 minutes. Serve with custard or chocolate sauce.

Chocolate Sauce:

1½ ozs. chocolate,
1 oz. sugar,
1 teaspoonful arrowroot,
½ pint water,
Vanilla.

Put chocolate, sugar and arrowroot into a small pan, add water slowly, stir till boiling. Add vanilla. S.A.W.A.S.

COFFEE CREAM

¼ pint custard made with 1 egg and 1 yolk,
¼ pint cream,
2 ozs. sugar,
1 tablespoonful of strong coffee,
¼ oz. gelatine,
2 or 3 tablespoonfuls of water.

Make custard and allow to get quite cold. Whip cream, add custard and sugar, dissolved gelatine, water and coffee. When cool add to the cream, stir all slowly until it shows signs of setting. Turn into mould which has been lined with jelly and decorate. When set dip in warm water and turn out.
S.A.W.A.S.

ORANGE CREAMS

4 oranges,
Angelica handles,
Chopped pistachios,
¼ pint custard,
¼ pint cream,
2 ozs. sugar,
3 or 4 tablespoonfuls of orange juice,
¼ oz. gelatine.

Halve the oranges and remove the pulp, clip with scissors round the oranges for decoration. Make custard, either with one egg or custard powder, and allow to get quite cold. Whip cream, add custard and sugar; dissolve gelatine and orange juice, add to cream. Stir all slowly till showing signs of thickening, fill the oranges. When set, decorate with chopped pistachios, and place a handle of angelica on each.
S.A.W.A.S.

PUMPKIN PIE

Filling:

1½ lb. pumpkin,
¼ lb. sugar,
Little grated lemon,
¼ teaspoonful cinnamon,
1 egg,
Pinch of ginger,
⅛ pint cream.

Pastry:

5 ozs. flour,
2½ ozs. butter and lard (mixed),
Pinch of salt,
Cold water.

Make the pastry, roll out, line and decorate a plate, prick the bottom and bake until a golden brown. Cut the pumpkin in slices and steam till tender, remove rind; mash or sieve the squash, add sugar, spices and egg. When cold fold in the whipped cream, place in centre of pastry case.
S.A.W.A.S.

PINEAPPLE SPONGE

½ oz. gelatine,
½ pint syrup from the tin and water,
Rind and juice of half a lemon,
2 ozs. sugar,
Some tinned pineapple,
2 whites of eggs.

Dissolve gelatine, water, fruit juice, rind and lemon juice and sugar, allow to get cool. Whip whites stiffly, add a little of the liquid at a time, beat well; continue till the liquid is all added, beat till stiff, add the Pineapple cut up (reserving some for decoration); pile into a glass dish. Decorate with pineapple and chopped pistachios.
S.A.W.A.S.

SOUFFLE MILANAISE

3 eggs,
2 lemons,
¼ lb. sugar,
½ pint cream,
¼ oz. gelatine,
Few crushed macaroons.

Whisk yolks, sugar, rind and juice of lemons over hot water till thick and creamy. Cool. Whip the cream slightly, fold the egg mixture into the cream, whip whites, stiffly and fold into the mixture; lastly stir in the dissolved gelatine. Pour into mould lined with jelly and decorated, or into souffle cases. When set decorate.
S.A.W.A.S.

Cookery Secrets

THE housewife or cook who uses Davis Gelatine is never at a loss to provide a dainty dish, a new meal or a novel menu. There are many scores of ways in which this pure food accessory can aid the conscientious home-runner, but why not start at the beginning and send for the Davis Dainty Dishes Recipe Book—it is available in English or Afrikaans Printings. Just send the flap from a 4-oz. Packet of Davis Gelatine—the flaps from two 1½-oz. Packets, or the little Blue Slips from the 8-oz. or 16-oz. Canisters—together with two penny stamps to cover postage. Address your request to Davis Gelatine (Africa) Ltd., Dept. WA., P.O. Box 1329, Cape Town.

DAVIS GELATINE

SWISS TART

8 ozs. short crust pastry,
1½ lb. cooked apples,
¼ pint thick custard sauce.

Meringue:
2 whites of eggs,
2 ozs. sugar.

Line a flower ring or flat cake tin with two-thirds of the pastry. Mix the apples and custard and place in centre; wet edges, roll remaining pastry and place on top, trim and bake Cool slightly. Whip whites stiffly, add sugar very slowly, beating well; pipe on top of tart, and bake in a slow oven 20-30 minutes. Serve hot or cold.

S.A.W.A.S.

NESTLE'S COFFEE CREAM

1 tin Nestles' milk,
Make up to 2¼ pints with milk,
¼ pint strong coffee,
1½ ozs. gelatine.

Dilute the Nestles with the milk and coffee, add gelatine, bring almost to boiling point; mould; when set dip in warm water, turn out.

S.A.W.A.S.

CHOCOLATE SPONGE

½ pint water,
2 ozs. sugar,
½ oz. gelatine,
2½ ozs. chocolate,
Vanilla,
Rind and juice of ½ a lemon,
2 whites eggs,
Chopped pistachios.

Dissolve water, gelatine, sugar, chocolate, rind and juice; allow to get cool; add vanilla; whip whites stiffly, add liquid slowly, beating well; beat till stiff. Pile into a glass dish, decorate with pistachios.

N.B.—If desired, the mixture can be poured into a mould, when set dip in warm water, turn out, pour cold custard sauce round, made from the two yolks.

S.A.W.A.S.

SURPRISE PUDDING

1 sponge cake,
Cherry and angelica,
Fruit (either raw, stewed or tinned),
2 whites of eggs,
2 ozs. sugar.

Remove centre from sponge cake, soak cake with fruit juice, wine or flavoured milk, fill centre with fruit, pile well up. Whip whites stiffly, add sugar very little at a time, beating well. Cover the cake and fruit with the meringue, then pipe the remainder on top; decorate with cherry and angelica, and bake in a slow oven, 15 to 25 minutes. Serve hot or cold.

S.A.W.A.S.

ICE CREAM

1¼ cups milk,
2 eggs,
½ cup sugar,
1 cup whipping cream or 1 tin ideal milk (see below),
Pinch of salt,
1 tablespoon flour,
Vanilla essence,
Also 4 tablespoons milk to mix with the flour.

Put sugar into milk first. Thicken with flour. Stir over the fire till thick. Remove and stir into the beaten yolks. Put back on fire and stir till thick. It must not boil. Cool slightly. Add stiffly beaten whites and the essence. Freeze for an hour or just chill. Add the whipped cream or stiffly beaten **Ideal Milk**, put in container and freeze.

N.B.—If **Ideal Milk** is used it must be previously treated thus: Put tin on stove in cold water; heat till water boils, and for a quarter of an hour longer. Keep in refrigerator until required. Fruit juice may be used instead of vanilla, and if one cup juice is used only one cup of milk or less is required.

MRS. C. BECKER.

VANILLA ICE CREAM

1 gill cream,
½ pint custard,
Sugar,
Vanilla,
Maraschino.

Make the custard and leave until cold. Half whip the cream. Add the custard to the cream. Sweeten and flavour. freeze.

S.A.W.A.S.

CUSTARD FOR CREAM ICES

1 pint milk,
1 egg and 2 yolks or 2 whole eggs.

Make the custard and leave until cold. Add no sugar. The custard must not be so rich that it sets when cold.

N.B.—A cheaper custard may be made by thickening one pint milk, with a good teaspoonful of cornflour. Then add one yolk of egg and cook. Add no sugar.

S.A.W.A.S.

SYRUP FOR WATER ICES

½ lb. loaf sugar,
1 pint water,
Rind and juice of ½ lemon.

Put the sugar, water, lemon rind and juice into a saucepan. Dissolve the sugar. Bring to boiling point and remove scum. Boil briskly for ten minutes. Do not stir. Strain through muslin and leave until cold.

S.A.W.A.S.

ORANGE CREAM ICE

1 gill orange juice,
1 gill cream,
Sugar,
Orange colouring if required.

Mix and freeze.

S.A.W.A.S.

APRICOT CREAM ICE

½ pint of apricot puree,
½ pint custard,
½ pint cream,
6/8 ozs. sugar,
Juice of 1 lemon,
A little carmine.

Drain and sieve apricots, add sugar, lemon, and a little carmine; whip cream slightly, add custard; pour into freezing tray. When the consistency of a thick batter, add the fruit puree; freeze till desired consistency.

S.A.W.A.S.

RASPBERRY CREAM ICE

¾ lb. raspberries or one good cupful jam,
1¼ pints custard,
Sugar to sweeten,
½ pint cream,
Carmine.

Pick raspberries, sprinkle with sugar, and mash with a spoon, add to the custard; stir in the whipped cream, colour and sweeten. Freeze.

N.B.—If jam is used, mix with the custard, sieve and add a good squeeze of lemon juice.

S.A.W.A.S.

PRALINE ICE CREAM

1 pint custard,
½ pint cream,
Sugar to sweeten,
½ lb. almond toffee,
Squeeze of lemon.

Whip cream slightly, add the cold custard, lemon juice, and sufficient sugar to sweeten. Place in freezing tray and freeze till the consistency of a coating sauce. Put almond toffee into a bowl and pound well. Add to Ice Cream and freeze all to stiff consistency. Mould or serve rough.

S.A.W.A.S.

CREAM POACHED EGGS

Foundation:

1 egg,
1½ ozs. sugar,
1 oz. flour,
Pinch of baking powder.

Eggs. Half tin apricots.

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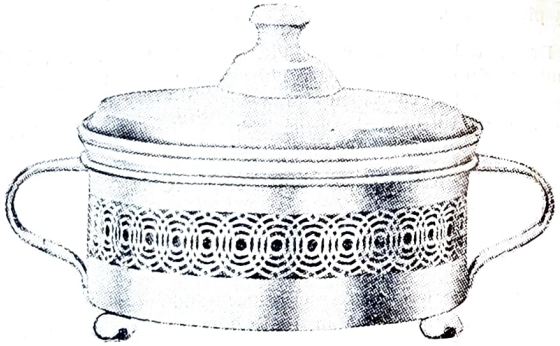

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CREAM POACHED EGGS—(Cont.)

Cream Covering:

½ gill custard,
½ gill cream,
¾ oz. sugar,
Flavouring: Few chopped pistachios.

Make the foundation as a sponge cake; bake in small, round flat tins; when cold place an apricot in centre of each; whip the cream, add custard, sugar and flavouring; coat each egg on the sponge biscuit; sprinkle a little pistachio nut on top.

S.A.W.A.S.

FRIGIDAIRE PUDDING

1 pkt. sponge fingers,
2 tablespoons cocoa,
2 tablespoons sugar,
1 teaspoonful vanilla,
½ pint fresh cream,
½ cup boiling water.

Place finger biscuits flat in a dish. Mix together cocoa, sugar, boiling water. Add vanilla. Cool. Whip cream slightly and add 2 tablespoonsful of the cream to the cocoa mixture. Crumb half a cup of the biscuits and fill the spaces between the biscuits. Then whip remainder of cream stiffly and put on top. Sprinkle remainder of crumbs mixed with some chopped walnuts on top. Put in refrigerator for 12 hours.

MRS. A. BERMAN.

PEACHES AU LIQUEUR (PEACH LIQUEUR)

1 sponge cake ring,
1 wineglassful of "Argosy" peach liqeur,
Strawberry jam,
1 large tin peaches in syrup,
3 eggs,
1½ pints milk,
2 dessertspoonfuls castor sugar,
Vanilla,
1 gill cream (more if liked),
Angelica,
1 oz. almonds.

Blanch and chop the almonds. Drain off all the syrup from the peaches and heat. Split the sponge ring in two and spread each half with jam. Put the lower half into a glass dish; soak it with some of the liqueur, then put the chopped almonds over the jam, place on the top half of the sponge and soak with the remainder of the syrup and liqueur. Put some of the peaches into the centre hole and pile them up well Cut the remainder into quarters and place in the bottom of the dish. To make the custard, beat up the eggs and the milk and mix together. Pour into a jug and add the castor sugar. Stand it in a saucepan of cold water and cook over the fire until the custard thickens. Be very careful not to overheat it, or it will

curdle. Keep the custard frequently stirred, and do not let the water quite boil round the jug. When cooked, remove at once, add flavouring to taste, and keep it stirred for a few minutes. When slightly cool, pour it round the outside of the sponge ring. Do not let any of it run into the centre hole with the peaches. Leave until quite cold, then sweeten and flavour the cream to taste, and whisk it until it stiffens. Cover all round the top of the sponge ring with the cream, and decorate the cream with rings of angelica.

E. K. GREEN & CO., LTD.

SHERRY JELLY

1 pint packet of lemon jelly,
½ gill "Van Der Stel" sherry,
3½ gills hot water.

Scald a mould and rinse with cold water. Dissolve the packet of lemon jelly in hot water. When cool add the sherry, and mix well with the jelly. Pour into the wet mould, leave until set, turn on to a dish and serve.

E. K. GREEN & CO., LTD.

WINE FLUFF

½ gill "Van Der Stel" port wine or "Van Der Stel" sherry,
1 egg and 1 extra white,
3 ozs. sugar,
1 lemon,
1 oz. almonds,
½ pint water,
¾ oz. leaf gelatine,
Crystallised violets.

Blanch and finely chop the almonds. Put the gelatine into a saucepan with the water and dissolve slowly, then strain into another pan. Grate the lemon rind finely and add yolk of the egg, and stir for a few minutes over a low burner to cook it. Stir in the almonds, and when cold add the sherry, then leave it till thoroughly cold. Whisk the egg whites to a very stiff froth, and add and whisk together for a few minutes, then turn into a dish and leave to set; or, if liked, set in a mould, then turn out. Decorate with crushed crystallised violets. Sufficient for about five or six persons.

E. K. GREEN & CO., LTD.

FRUIT SALAD A LA RUSSE

Fresh fruit: Apples, pears, pineapples, etc., to taste,
Van Ryn's Russian Kummel.

Prepare a fresh fruit salad in the usual manner, then add half a wineglassful of Russian Kummel for each guest, i.e., four guests four half wineglassfuls.

E. K. GREEN & CO., LTD.

PLUM PUDDING

(VERY GOOD)

3 large cups flour,
9 tablespoonfuls — — ? ???
3 large cups yellow sugar,
3 large cups raisins (or 1 cup raisins, 1 cup currants and 1 cup sultanas),
1 cup lemon peel,
2 tablespoons baking powder,
¾ packet bi-carb. of soda,
A little salt,
½ nutmeg,
1 packet mixed spice,
3 eggs,
3 large spoons butter,
1½ cups of milk.

Rub butter into flour, then add all dry ingredients, beat eggs well and add with milk, and lastly add soda mixed with a little warm water. Boil four hours.

MRS. MEYER RAUBENHEIMER.

COCOA PUDDING

Pieces of stale bread,
1 pint milk,
1½ to 2 tablespoons cocoa,
Vanilla essence,
2 tablespoons sugar.

Cut up enough stale bread to fill a pie dish three-quarters full. Mix the cocoa with a little cold milk, and put the rest on to boil; when boiling pour on to the cocoa, stirring well. Return to the saucepan and put on the stove to boil for two minutes. Take off the stove, add vanilla and sugar, and when the sugar has dissolved pour over the bread in the pie-dish. Allow this to soak for about ten minutes. Bake in a moderate oven about 15/20 minutes. Serve hot. Boiled custard or cream can be served with it, if liked.

N.B.—If eggs are plentiful, pour the cocoa on to the beaten yolk of an egg, before pouring over the bread, stir well. The white can be beaten stiffly, one tablespoon of sugar added and put on the pudding after it has been baked, return to the oven to set and slightly brown the meringue.

W. M. CURREY.

POST TOASTIES TERT

Tert deeg:

¼ koppie botter,
¼ koppie suiker,
1 koppie Post Toasties (4 koppies Post Toasties fijn gemaal gee een koppie Post Toasties),
½ teelepel kaneel.

Methode: Smelt die botter, voeg die krummels, suiker en Kaneel bij, en meng goed. Voer die pan daarmee uit.

Vulsel:

2 eetlepels meelblom,
½ koppie suiker,
¼ teelepel sout.
Die geel van 3 eiers effens geklits,
2 koppies melk,
Vanilla essence na smaak.

Meng die droe bestanddele, en roer die geel van eiers baie goed in. Voeg die melk wat gekook moet word. Kook dan tot mengsel dik is. Sprei meringue oor en besprinkel met krummels. Bak in stadige oond 40 minute.

MEV. M. RAUBENHEIMER, Zebra.

ALMOND TART

Line a deep tart plate with pastry and spread with apricot jam. Then half fill same with ½ lb. butter, ½ lb. sugar, ½ lb. ground almonds, 4 eggs, pinch of salt.

Method.—Beat together butter and sugar, add eggs one at a time, then almonds and flavouring.

Mrs. MEYER RAUBENHEIMER, Zebra.

SAVOURIES & SUPPER DISHES

"Light suppers make life-long days."

SAVOURY CHEESE CRISPS

6 thin slices of white bread well buttered,
4 tablespoonfuls of grated Cheddar cheese,
½ teaspoonful grated green cheese,
1 egg.

Sprinkle cheese thickly on bread, roll bread into cylinder shapes, dip into well-beaten egg and bake crisply in a sharp oven.

Mrs. ROLFE.

ANGELS ON HORSEBACK

Take as many thin slices of bacon as oysters (after removing from shells), roll each oyster in a slice of bacon, get a long, thin skewer, thread on, and bake fifteen minutes in a sharp oven, and serve each roll on small croutons of toast. A nice savoury.

S.A.W.A.S.

ANCHOVIES ON TOAST

Toast some slices of bread before a sharp fire, butter well and cut into pieces 1½ inches square; lay on each piece a slice of hard-boiled egg and a boned anchovy. Sprinkle over the whole some chopped parsley and stand it for ten minutes in the oven. Serve on a hot dish with watercress round.

S.A.W.A.S.

CHEESE BISCUITS

3 ozs. flour,
1½ ozs. butter,
Yolk of 1 egg,
1½ ozs. grated cheese,
Salt,
Pepper,
Cayenne,
Cold water.

Mix flour and seasoning. cut and rub in fat, add grated cheese, mix to a very stiff paste with yolk of egg and cold water. Bake in a moderate oven till a very pale brown.

S.A.W.A.S.

CHEESE STRAWS

3 ozs. flour,
1½ ozs. butter,
1½ ozs. cheese,
Salt,
Pepper,
Cayenne,
Cold water.

Mix flour and seasoning, cut and rub in fat, add grated cheese, mix to a very stiff consistency with cold water. Roll into a strip cut into thin straws, place on oven sheet, roll out scraps cut into rings, bake in a moderate oven till a golden brown. When cool, place the straws into rings to represent a sheaf of corn. Serve with watercress. This quantity gives seven or eight bundles.

S.A.W.A.S.

CREAM CHEESE WALNUTS

1 small cream cheese,
2 ozs. walnuts,
Salt,
Pepper,
Cayenne,
Some nice lettuce leaves.

Mix cheese and seasoning; chop walnuts (reserving some for garnish); mix with the cheese; form into small balls. Place a half walnut on either side of ball (to represent a carmel walnut); wrap in small lettuce leaves.

S.A.W.A.S.

PUFF PASTRY SARDINES

Scraps of puff pastry,
Sardines,
Egg and breadcrumbs.

Roll pastry out very thinly, make into small rolls with sardines inside (like a sausage roll); egg and crumb; fry in fat; drain and serve hot. Garnish with cress.

S.A.W.A.S.

CHEESE SOUFFLE

½ oz. butter,
½ oz. flour,
¼ pint milk,
Salt,
Pepper,
Cayenne,
1½ ozs. grated cheese,
2 eggs.

Melt fat, add flour, seasoning and milk slowly. Stir till boiling; add grated cheese and yolks of eggs; mix well, fold in stiffly beaten whites. Pour into prepared tin or souffle cases. Bake in a hot oven ten to twenty minutes, depending on size of tin. Serve immediately, garnished with cress.

S.A.W.A.S.

SARDINE PYRAMIDS

6 or 8 diamond shapes (fried or toasted bread),
6 sardines,
2 ozs. butter,
Seasoning,
Dried parsley,
Coralline pepper,
Watercress.

Cut bread into diamond shapes, either fry in fat or toast; skin and bone sardines, pound with butter and seasoning, pile on to bread, using a knife dipped in hot water to get the diamond shape. Garnish with dried parsley and coralline. Serve with watercress.

S.A.W.A.S.

VEAL CAKE

1 lb. fillet veal,
¼ lb. ham,
1 hard-boiled egg,
¼ pint stock (good measure),
½ oz. gelatine,
Seasoning.

Grease a cake tin or plain mould and mince veal and ham, place in layers in mould, add seasoning; dissolve gelatine in stock, pour over veal, etc., cover with greased paper and steam 1½ hours to 2 hours until meat is tender; cut egg into eight, place in bottom of mould and add the cooked veal cake mixture; leave in mould till set. Turn out and serve with tomatoes or salad.

S.A.W.A.S.

EGGS A LA PORTUGAISE

1 large onion,
4 hard-boiled eggs,
1 oz. grated cheese,
1 oz. dripping,
½ lb. tomatoes,
1 oz. breadcrumbs,
Seasonings.

Melt the dripping and fry the onion, add the peeled and chopped tomatoes and the seasonings and cook for a few minutes. Slice the eggs, lay them in a greased dish and pour on them the tomato mixture. Sprinkle on breadcrumbs, then the grated cheese, and put little dabs of butter on top. Bake for about ten minutes in a hot oven or may be placed under the griller to brown.

S.A.W.A.S.

SCOTCH EGGS

3 hard-boiled eggs,
4 ozs. cooked beef or mutton,
1 oz. flour (good weight),
1 oz. butter,
¼ pint brown stock,
½ small onion (half-boiled),
Salt,
Pepper,
Egg and breadcrumbs.

Chop the meat and onion finely, melt the butter in a pan, add flour, cook well. Add stock, stir until it boils. Add the meat, onion and seasoning and allow to cool. Shell the hard-boiled eggs, roll in flour, coat them with the mixture, smooth over with the hand, being careful to keep the shapes of the eggs. Dip in beaten egg, then roll in breadcrumbs. Fry in a deep pan of fat till a golden brown. Cut across with a sharp knife, put on a hot dish, serve with gravy.

S.A.W.A.S.

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GRILLED FILLET AND BANANA

For each person, take two pieces of very thinly sliced fillet, prepare and season; between this put a thin slice of banana and bacon, forming a sandwich. This can be either grilled or fried.

MRS. G. PYWELL.

FRICASSE OF EGGS

4 hard-boiled eggs,
½ pint white sauce,
Seasoning,
2 ozs. grated cheese,
1 oz. butter,
1 oz. breadcrumbs.

Grease a fire-proof dish; cut eggs in halves across and stand them in dish. Flavour the white sauce with two-thirds of the cheese, add seasoning and pour sauce on to eggs, sprinkle on the breadcrumbs and the rest of the cheese, place little dabs of butter over the top and put into a very hot oven to brown.

N.B.—May also be browned under the griller.

S.A.W.A.S.

EGG CUTLETS

3 hard-boiled eggs,
1 oz. flour,
1½ gills milk,
1 yolk,
Deep fat for frying,
1 oz. butter,
1½ teaspoonfuls of curry powder.
1 teaspoon lemon juice,
Breadcrumbs,
Seasoning.

Melt the butter, fry the curry powder, add the flour and mix. Add the milk and cook till the mixture leaves the pan in a clean mass. Add the chopped eggs, the lemon juice and the seasoning and cool. Shape into cutlets, brush over with egg, roll in breadcrumbs and fry in smoking hot fat till a pretty golden brown. Insert pieces of macaroni to represent a bone and dish up on a dish in a semi-circle. Garnish with fried parsley.

S.A.W.A.S.

CHEESE D'ARTOIS

3 ozs. grated cheese,
2 ozs. butter,
Yolks of 2 eggs,
Salt and cayenne pepper,
6 ozs. flaky or rough puff pastry.

Beat the yolks of eggs well, melt the butter, and add it and the cheese to the eggs, and season well. Roll out the pastry very thinly, spread the cheese mixture on one half, and cover with the other half of the pastry. Brush over with a little yolk of egg, and bake in a quick oven for about 20 minutes.

N.B.—May be cut out with a round cutter if preferred, and then baked.

S.A.W.A.S.

CHEESE OMELET

1½ ozs. grated cheese,
1 tablespoon milk,
3 eggs,
¾ oz. butter,
Salt and pepper.

"Prove" an omelet pan by putting a teaspoonful of salt into the pan, heat it well, and then rub with clean kitchen paper to remove roughness. Wipe out all the salt. Beat together the eggs, milk, cheese and seasonings. Heat the butter in the "proved" pan, pour in the egg mixture, and stir over the fire until it begins to set creamily. Roll up the omelet and serve hot.

N.B.—For a kidney omelet, skin the kidney and remove the core, cut in dice and cook for about 20 minutes. Prepare an omelet as above, omitting the cheese, and place the kidney in the centre before rolling up.

For a tomato omelet, skin, slice, and cook the tomato in a little butter. Prepare an omelet (omitting the cheese) and place the tomato in centre before rolling up.

S.A.W.A.S.

BAKED EGGS AND CHEESE

½ lb. tomatoes,
4 eggs,
1 oz. butter,
2 ozs. grated cheese,
Salt and pepper.

Grease out a dish; scald, skin and slice the tomatoes and lay them on the greased dish. Break eggs carefully on to tomatoes, season with salt and pepper, cover with the grated cheese, and put little dabs of butter over the top. Bake in a moderately hot oven till the eggs are set. (About 15 minutes.)

N.B.—One gill of tomato puree may be used instead of the fresh tomatoes.

S.A.W.A.S.

EGGS A LA TALLYRAND

3 hard-boiled eggs,
1/2 ozs. mushrooms,
½ oz. butter,
1 teaspoonful chopped parsley,
½ teaspoonful chopped shallot,
Salt and pepper.

Sauce:

¾ oz. butter,
¾ oz. flour,
Half-pint milk (short measure),
1 yolk egg,
Grated cheese.

Farce: Melt butter, add mushrooms, chopped, and fry well. Add shallot and parsley and seasonings and fry together.

Prepare sauce, then beat in yolk of egg and a little grated cheese. Remove shells from eggs, cut in two lengthwise and remove yolks. Chop yolks and add to mushroom mixture. Put a little sauce in the bottom of the gratin dish, fill the whites of eggs with the farce, place in the bottom of the gratin dish. Coat each egg carefully and put cheese on top. Cover with a little melted butter and brown carefully in the oven or under the grill.

S.A.W.A.S.

HOT SAVOURY

Baumann's Water Biscuits or Buttanuts. Braise ½ lb. veal and ½ lb. pork together. Simmer until very well cooked and no gravy remains. Salt and pepper to taste. Make a white sauce with the following:—1 cup milk, 1 level tablespoon of plain flour, 1 teaspoon butter, pinch salt. Mix all together and serve **very hot** on above biscuits (warmed) with well-fried chopped bacon on top.

MRS. K. BOSMAN.

HOT SAVOURY TOAST

Peel a few ripe tomatoes and beat to a pulp, drain, add a little sugar, salt and pepper. Have grated cheese ready. Toast the desired slices of bread on **one** side only. Butter the untoasted side well. Spread with tomato, sprinkle with cheese, add small pats of butter, salt and pepper to taste, grill. Cut into fingers and serve hot. Toast **not** thin.

MRS. K. BOSMAN.

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DRESSED VEGETABLES & SALADS

"Better a dinner of herbs where love is, than a stalled ox and hatred therewith."

SPINACH SOUFFLE

1 cup cooked spinach (mashed),
1 cup white sauce,
3 eggs,
Seasoning.

Add yolks to white sauce and cool. Add spinach, then fold in beaten whites and seasoning. Half fill a buttered pie-dish, set in a pan of water and bake in a moderate oven from 20 to 25 minutes.

MRS. GILCHRIST.

BAKED STUFFED POTATOES

6 large potatoes,
2 ozs. cooked meat or ham (chicken or tongue),
1 oz. breadcrumbs,
Seasoning,
Stock,
Dripping.

Mince or chop the meat, add breadcrumbs and seasoning. Make moist with stock. Wash and peel potatoes, cut off piece from top and hollow out centre, fill in with the mixture, place on the top, cut small piece off the bottom. Make dripping hot in the tin, put in potatoes; bake, basting frequently, 30 to 40 minutes; drain, dish on hot dish, garnish with parsley and serve with brown sauce.

S.A.W.A.S.

BAKED STUFFED TOMATOES

4 tomatoes,
1 egg,
1 oz. cheese,
¼ oz. butter or fat,
Seasoning,
2 tablespoonfuls of breadcrumbs.

Cut tops off tomatoes, hollow out centre, season and drain upside down; whip the egg, add the grated cheese, breadcrumbs, seasoning and fat in small pieces; fill the tomatoes, replace the lid, place on a greased tin, cover with greased paper. Bake in a moderate oven about ten minutes. Dish each tomato on a round of toast. Garnish with parsley.

S.A.W.A.S.

BOILED BEETROOTS

Choose beetroots even size, wash, being careful not to break the skin. Put into warm water, bring to boil and boil till tender (test, lift the beetroot, press, and if the skin breaks or peels the beetroots are ready); skin, cut in slices. Dish in vegetable dish and coat with white coating sauce or put into jar and pour pickle over.

Pickle.—Half vinegar, half water, few peppercorns. Boil, cool slightly, pour over beetroots. S.A.W.A.S.

BOILED GREEN BEANS

Wash the beans, remove the stalk, taking skin down the edge away. Cut into very thin slices, place into boiling salted water and a teaspoonful of sugar. Boil steadily with the lid off till tender. Ten to 25 minutes. Skimming frequently; drain in colander, add a little butter if desired. Dish in a hot vegetable dish. S.A.W.A.S.

BOILED LEEKS

About six leeks,
Boiling water,
Salt,
Pinch of sugar,
Parsley,
½ pint white coating sauce.

Wash leeks, trim off the root and cut off the top. Slit the leeks at the root end, wash thoroughly, soak in strong salted water; tie in bundles, place into boiling salted water, add a pinch of sugar, boiling steadily with the lid off (skimming frequently) till tender. (Twenty to thirty-five minutes.) Drain.

Dish on a slice of toast or a vegetable drainer; coat with sauce; garnish and serve. S.A.W.A.S.

BOILED PARSNIPS

Parsnips,
Boiling water,
1 teaspoonful sugar,
½ pint white coating sauce,
A little melted butter and
Chopped parsley.

Wash and peel parsnips; if large, cut in two or four; if small, leave whole. Place into boiling salted water, add sugar, boil steadily till tender, time depends on age and size of parsnips; drain and either coat with sauce or pour over a little melted butter and sprinkle with chopped parsley.

S.A.W.A.S.

STUFFED EGG PLANTS

(AUBERGINES) (BRINJAL)

2 Aubergines,
2 shallots or onions,
2 ozs. breadcrumbs,
2 ozs. grated cheese,
Seasoning,
2 ozs. butter,
1 oz. lean bacon cut in dice,
1 oz. chopped suet,
1 egg,
1 tablespoonful milk,
1 teaspoonful chopped parsley.

Cut aubergines in half lengthwise and remove the seeds. Melt the butter and fry the onion and bacon. Soak the breadcrumbs in the milk, mix in the suet, parsley, 1 oz. cheese, seasoning, add the fried bacon, onion, butter, and well-beaten egg. Fill aubergines with this mixture, lay in a well-greased dish, sprinkle over the rest of the cheese and bake in a moderately hot oven thirty-five to forty minutes. S.A.W.A.S.

N.B.—May be served with tomato or brown sauce.

CONSERVATIVE METHOD OF COOKING CARROTS

1 bundle of new carrots or 4 large old carrots,
Seasoning,
¾ oz. butter,
3 tablespoonfuls of water,
Chopped parsley.

Wash and scrape carrots, if new cut in two lengthwise, if old cut in rings a little thicker than a penny. Place in a lined stew-pan with seasoning, butter and water, put on tight-fitting lid. Cook slowly (tossing pan frequently to see that carrots do not stick) till tender (10/20 minutes), remove lid, cook for a minute or two to evaporate liquid. Dish on a vegetable dish and sprinkle with chopped parsley. S.A.W.A.S.

CAULIFLOWER AU GRATIN

1 cauliflower,
Salt,
1 teaspoonful sugar,
Boiling water,

Sauce:

1½ ozs. butter,
1½ ozs. flour,
½ pint milk,
1½ ozs. grated cheese, and
Seasoning.

Trim cauliflower, soak in salted water, cook in boiling salted water to which has been added one teaspoonful sugar; when almost cooked, drain. Dish on a fireproof dish, coat with the sauce, sprinkle with half the cheese. Bake in a hot oven till nicely browned, about ten minutes; serve at once.

Au Gratin Sauce.—Melt fat, add flour and seasoning, mix; add milk slowly, stir until boiling; add half the cheese—reserving other half for sprinkling on top. S.A.W.A.S.

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DEL MONICO

MIXED VEGETABLE SALAD

2 lettuces,
1 bunch cress,
½ cucumber,
4 tomatoes,
1 or 2 hard-boiled eggs,
A few radishes,
1 spring onion, if liked.

Trim, wash and dry lettuce and cress. Skin the tomatoes, wash and trim radishes, wash and trim spring onions, peel and slice cucumber, shell and slice eggs. Reserve one-third of everything for the top of the salad. Either tear or slice the lettuce and cress, slice tomatoes and eggs, slice cucumber thinly, slice radishes, chop spring onion (handle as little as possible). Place all into a basin and sprinkle in a little seasoning, mixing with two wooden spoons. Put into dish, arrange the third neatly on top. Serve with salad dressing separately.

S.A.W.A.S.

ONIONS IN BATTER

Coating batter. Onions cooked or rings partly cooked. Dip onions into batter, fry in deep fat, drain, serve hot. Onion rings make a nice garnish for many meat dishes.

Coating Batter.—4 ozs. flour, ½ oz. cooked rice, 1 teaspoonful oil, 1 egg, seasoning, milk or water. Mix flour, rice, and seasoning; add oil and beaten egg; heat milk cr water slightly; add sufficient to make a thick consistency; beat well; set aside to get cold. Just before using, add sufficient cold liquid to make a coating consistency.

S.A.W.A.S.

ASPARAGUS SALAD

Drain canned asparagus. Use tips only; sprinkle them with salt and pepper, pour over a dressing of equal parts oil and vinegar, leave in a cool place, drain. Arrange small bundles of asparagus on lettuce leaves, garnish with bands of tomato or green and red peppers cut in thin strips. Serve separately a dressing made with two parts oil, one part lemon juice, salt and pepper.

S.A.W.A.S.

BAKED SPINACH

Drain a large can of leaf spinach and chop finely. Make a thick white sauce from one ounce butter, one oz. flour and half-pint milk, salt and pepper. Grate two ozs. Cheddar cheese and stir two-thirds of it into the sauce. Mix this with the spinach, place in a fireproof baking dish, mix the remaining cheese with an equal quantity of breadcrumbs and bake in a moderate oven fifteen minutes.

S.A.W.A.S.

CARDINAL SALAD

Use new potatoes, peas, young carrots and beetroots all well drained. Mix equal quantities of peas and sliced potatoes with thinly sliced carrots and shredded beetroot and a few small pieces of the flesh of peeled tomatoes. Toss in thick mayonnaise coloured with a few drops of cochineal. Serve with cold fish, meat or chicken.

S.A.W.A.S.

CELERY AU GRATIN

Drain a can of celery hearts. Add to the liquor from the can sufficient white stock, milk or water to make up half a pint; use for making white sauce, into which stir grated cheese to taste. Arrange celery hearts in a buttered fireproof dish, pour over sauce, dot with butter and bake in a moderate oven until nicely browned. For "something different" wrap celery hearts in a slice of lean ham.

S.A.W.A.S.

CURRIED VEGETABLES

Make some curry sauce according to your favourite recipe. To it add any well-drained canned vegetables, a single variety, macedoine or other good mixture such as whole new potatoes, bouquets of cauliflower, stringless beans and sliced new carrots. Here is a splendid opportunity for finishing up any vegetables left over. Heat slowly for about twenty minutes, shaking saucepan occasionally. Serve in a surround of boiled rice.

S.A.W.A.S.

VEGETABLE CASSEROLE

Drain a quantity of whole beets and place them in the bottom of a fireproof glass casserole. On these arrange a thick layer of sliced cooked potato, season and sprinkle with finely chopped onion. Use drained peas or stringless beans for the last layer. Cover with a white sauce to which has been added grated cheese. Place in a moderate oven until the vegetables are thoroughly hot and the top a golden brown. Any three vegetables may be used for this dish. Distinctive colours help to make it attractive.

S.A.W.A.S.

BEAN SAVOURY

Turn a quantity of boiled green beans well drained into a saucepan and add one ounce of grated cheese and a dash of mixed spice. Serve piping hot alone or on toast.

S.A.W.A.S.

MUSHROOM SOUFFLE

Drain a can of mushrooms and chop half the contents finely. Melt one ounce of butter, stir into it one ounce of flour, and moisten with quarter-pink milk. Bring to the boil and cook for a few minutes, stirring all the time. Beat in three yolks of eggs one after the other, the minced mushrooms, one teaspoonful of mushroom ketchup and seasoning. Add the whisked whites of eggs and turn the mixture into a buttered souffle case. Bake in a moderate oven for about half an hour. The remaining mushrooms may be sauted and served with bacon or kidneys or used in a soup or sauce.

S.A.W.A.S.

STUFFED CABBAGE

Small young cabbage,
Mince balls,
Stock,
A small onion,
Little soaked white bread (small slice).

Mince finely about one lb. mutton or beef, season as desired, wash each cabbage leaf separately and roll into each leaf a meat ball made of mincemeat well mixed with the soaked and squeezed out bread. Brown the onion, add a little stock, and put in the meat balls wrapped in cabbage. Simmer slowly. Such dishes should be cooked in pots with a thick base.

MISS H. BUYSKES.

VEGETABLE PIE

Boil till tender about 1 lb. each of carrots and parsnips and mash them together. Season. Butter a pyrex dish or casserole. Put in a layer of above mixture and a layer of thinly cut tomatoes. Strew grated cheese over this. Repeat these layers and over the top strew a layer of finely grated breadcrumbs. Beat up an egg (or two, if necessary). Pour it over. Bake in a moderate over till nicely browned.

N.B.—Season the layers of vegetables to taste. The tomato layer would need a little sugar.

MISS H. BUYSKES.

SAUCES

"Hunger is the best sauce."

Proportions for Sauces.

For a pouring sauce, use half an ounce of butter and half an ounce of flour to half a pint of liquid.

For a coating sauce, use one ounce of butter and one ounce of flour to one pint of liquid.

Note on White Sauces.

Equal quantities of fat and flour are blended together without discolouring. Then liquid is added gradually. The sauce should be boiled for ten minutes to obtain the full flavour of the flour.

Note on Brown Sauce.

Equal quantities of fat and flour are fried together till of a fawn or brown colour. Then liquid is added. The sauce should be simmered for some time to develop the flavour, and any grease should be skimmed off during cooking.

Note 1.—The mixture of fat and flour is called a "roux." A roux may be white, fawn, or brown.

Note 2.—Flour may be browned in oven previous to frying. When using, increase proportion slightly.

MINT SAUCE

1 teacupful of finely chopped mint,
½ pint vinegar,
6 ozs. sugar.

Boil vinegar and sugar together; when cool, add chopped mint. Bottle when cold. Add more vinegar when required for use, as the sauce should be quite thick when made. This will keep for a very long time.

MRS. W. LEDINGHAM.

WHITE POURING SAUCE

1 oz. butter,
½ oz. flour,
½ pint milk,
Seasoning.

Mix fat, flour and seasoning over the fire without discolouring; add milk slowly, stir till boiling; boil one or two minutes.

S.A.W.A.S.

WHITE SAUCE (COATING)

1 oz. butter,
1 oz. flour,
½ pint milk,
Seasoning.

Mix fat, flour and seasoning over the fire without discolouring; add milk slowly, stir till boiling; boil one or two minutes.

S.A.W.A.S.

TOMATO SAUCE

½ lb. tomatoes, or
¼ pint tomato pulp,
½ pint stock,
Seasoning,
Small piece of onion,
Small piece of carrot,
½ teaspoonful sugar,
½ oz. butter.

Place into pan sliced tomatoes, vegetables, seasoning, and butter; stir till butter disappears. Add stock and simmer twenty-five minutes. Rub through strainer and to every half-pint liquid add one tablespoonful of blended flour; stir till boiling.

S.A.W.A.S.

SALAD SAUCE

1 teacup thick sour cream,
The yolks of two hard-boiled eggs,
1 teaspoonful mustard,
1 teaspoonful salt,
1 dessertspoonful of brown sugar,
1 tablespoonful of white vinegar.

Mix the sugar and yolks of the two eggs well together; add sour cream, mustard and salt; then add vinegar slowly, stirring all the time.

MRS. K. M. BRINTON.

SWEET SAUCE

1 oz. butter,
½ oz. flour,
1 oz. sugar,
½ pint milk,
Flavouring.

Melt butter, add flour, mix. Add milk slowly, stir till boiling, add sugar and flavouring.

S.A.W.A.S.

SOUBISE SAUCE

1½ oz. butter,
1½ oz. flour,
¾ pint milk,
1 large onion,
Seasoning,
2 tablespoonfuls cream.

Chop onion finely, cook slowly with the milk and seasoning twenty minutes. Melt fat, add flour, stir over heat few minutes; add the milk and onion slowly, stir till boiling, cook slowly ten minutes; strain, add cream and seasoning, re-heat. (If liked, the onion can be kept in the sauce.)

S.A.W.A.S.

PARSLEY SAUCE

To half-pint coating or pouring sauce add 1 teaspoonful chopped parsley (squeezed dry) after sauce has boiled.

S.A.W.A.S.

SEBAYON SAUCE

1 yolk egg,
1½ teaspoonfuls sugar,
½ gill sherry and water mixed.

Mix yolk and sugar in lined saucepan, add sherry, and whisk over a gentle heat till thick and frothy. Use immediately.

S.A.W.A.S.

PIQUANTE SAUCE

½ pint brown sauce,
1 shallot,
1 teaspoonful capers,
Seasoning,
Thyme and bay leaf,
2 tablespoonfuls vinegar,
2 gherkins,
1 teaspoonful Worcester sauce.

Chop capers and shallot and reduce in vinegar to half quantity; strain, add brown sauce, boil up. Add chopped gherkins and use.

S.A.W.A.S.

ORANGE SAUCE

½ teaspoonful arrowroot,
½ pint water,
Rind and juice one orange.
2 ozs. sugar.

Place arrowroot and grated rind in small pan, add juice and mix well. Add water, stir till boiling, simmer about three minutes.

S.A.W.A.S.

ONION SAUCE

To half-pint coating or pouring sauce, add one small cooked onion, chopped.

S.A.W.A.S.

LEMON SAUCE

6 ozs. sugar,
½ pint water,
Rind and juice of 2 lemons.

Place sugar and water in pan, boil till it reduces to half the quantity; add the rind of one lemon, cut in thin shreds, and the juice of two lemons; reheat and serve.

S.A.W.A.S.

HORSE-RADISH SAUCE

¼ pint cream,
3 tablespoonfuls milk,
Salt,
Pepper,
2 ozs. grated horseradish,
1 teaspoonful sugar.
½ teaspoonful mustard,
1 teaspoonful of white vinegar.

Mix cream, milk, sugar, salt, and pepper; whip slightly; mix mustard and vinegar and add horse-radish; add to the cream. Serve cold. If desired hot, stir slowly over a gentle heat.

S.A.W.A.S.

JAM SAUCE

2 tablespoons jam,
½ pint water,
1½ ozs. sugar,
Little lemon juice,
Carmine.

Place into lined pan the jam ,water, sugar and lemon juice; boil with lid off till the sauce appears slightly syrupy, skimming frequently; strain into basin, add carmine to colour. Reheat.

S.A.W.A.S.

HARD-BOILED EGG SAUCE

To half-pint coating or pouring sauce, add one chopped hard-boiled egg, after the sauce has boiled.

S.A.W.A.S.

ANCHOVY SAUCE

To half-pint of coating or pouring sauce add one teaspoonful of anchovy essence.

S.A.W.A.S.

APPLE SAUCE

3 large apples,
2 ozs. sugar,
¾ oz. butter,
Little water.

Peel and slice apples, put into a small lined pan, add sufficient water to prevent apples sticking to pan, cook till soft; add sugar and butter, bring to the boil.

S.A.W.A.S.

AU GRATIN SAUCE

1½ oz. butter,
1½ oz. flour,
1½ oz. cheese,
Seasoning,
½ pint milk.

Melt fat, add flour and seasoning, mix. Add milk slowly, stir till boiling, add half the grated cheese. Reserve the other half of the cheese for sprinkling over.

S.A.W.A.S.

BROWN SAUCE

¾ oz. dripping.
1 oz. flour,
¾ pint stock,
Seasoning,
Piece of carrot,
Piece of turnip.
Piece of onion.
Small piece of ham or ham rind.

Fry dripping and flour in an unlined pan till a Swiss milk chocolate colour, stirring with a metal spoon all the time; add the water or stock and vegetables, cut in fairly large pieces; put on lid and cook gently 45 minutes, skimming frequently; season and strain.

S.A.W.A.S.

CAPER SAUCE

To half-pint coating or pouring sauce, add one teaspoonful of chopped capers after the sauce has boiled.

S.A.W.A.S.

CHOCOLATE SAUCE

1½ oz. chocolate,
1 oz. sugar,
1 teaspoonful arrowroot,
½ pint water,
Vanilla.

Put chocolate, sugar and arrowroot into small pan, add water slowly, stir till boiling, add vanilla.

S.A.W.A.S.

CUSTARD AND EGG SAUCE

1 egg,
½ pint milk,
½ oz. sugar,
Flavouring.

Beat egg, add milk, strain, cook slowly over gentle heat till the sauce lightly coats the back of the spoon, add sugar.

N.B.—Should the sauce curdle, gently turn into a basin and whisk.

S.A.W.A.S.

DUTCH SAUCE

1 oz. butter,
¾ oz. flour,
½ pint milk,
1 yolk egg,
Juice ½ lemon,
Seasoning,
1 tablespoonful cream, if liked.

Stir fat, flour and seasoning over heat a few minutes without discolouring; add milk slowly, stir till boiling, boil one or two minutes, remove from fire, cool slightly; add yolk, lemon and cream; reheat, but do not boil.

S.A.W.A.S.

MAYONNAISE SAUCE

2 raw yolks,
Salt,
Pepper.
Mustard.
Vinegar to taste,
Sugar,
½ pint oil (small measure).

Place yolks and seasonings into a basin, mix well; add oil slowly, beating well either with a wooden spoon or small whisk. When the mixture has taken up as much oil as possible, slowly add sufficient vinegar to flavour. Mayonnaise thickens with standing. S.A.W.A.S.

FRENCH SALAD DRESSING

3 tablespoonfuls oil,
1 tablespoonful vinegar,
1 saltspoonful sugar,
1 saltspoonful of salt,
1 saltspoonful of black pepper.

Mix sugar, salt, pepper, and vinegar; pour gradually on to the oil, mixing well. S.A.W.A.S.

SALAD DRESSING FOR STORING

3 hard-boiled egg yolks,
Salt,
Pepper,
Mustard,
1 small teacupful of vinegar,
1 tin Nestles' milk.

Pound yolks in mortar, add seasonings, mix well, add vinegar slowly, mixing well lastly the Swiss milk; pour into glass bottle, cork lightly. When going to use, add sufficient water to make desired consistency. S.A.W.A.S.

WHITE WINE SAUCE

1 oz. butter,
¾ oz. flour,
¼ pint milk,
½ gill fish stock,
½ gill of "Sauvignon Blanc" white wine.

Melt the butter and stir into the flour. Blend them together, add the milk and the fish stock, and bring them to the boil. Stir in the wine, add seasoning to taste, and simmer the sauce for a few minutes. If the stock is too thick, thin it down a little.

E. K. GREEN & CO.

RECIPES FOR CANNED FOODS

"Eat what you can and can what you can't."

FOUR-FRUITS SALAD

Canned cherries, strawberries, raspberries and red currants are required for this excellent dish.

Drain fruit, mix equal quantities of the four varieties, and place bowl in which salad is to be served. Sprinkle with castor sugar. Mix syrup from the four cans and pour over enough just to cover the fruit. Stand in refrigerator or cold place. Before serving, strew with blanched and shredded almonds. Pass round cream or custard . . . . a perfectly blended fruit salad.

S.A.W.A.S.

RASPBERRY BAVARIAN CREAM

Drain a can of raspberries. Boil half a pint of the syrup, pour a little of it on two egg yolks, mixed with two tablespoonfuls of castor sugar, return to saucepan and cook slowly—do not boil—till mixture coats back of the spoon. Stir in half an ounce of powdered gelatine, strain into a bowl. When mixture begins to set, stir in one gill of cream previously whipped and two stiffly whisked egg whites. Pour into a mould. When set, turn out and trim with raspberries. . . . . Excellent too with strawberries or loganberries. S.A.W.A.S.

LOGANBERRY CHARLOTTE RUSSE

Line a plain mould with sponge fingers. Fill up the lined mould with Bavarian cream made as explained in Raspberry Bavarian Cream Recipe, but using loganberry syrup instead. When set, turn out and decorate with whipped cream or tie round with narrow ribbon. This recipe provides a means of using excess juice from a can of fruit. S.A.W.A.S.

RASPBERRY MILK SHAKE

Mix together a cup of raspberry juice (or other fruit juice), juice of half lemon, one tablespoonful sugar and two cups water. Stir until sugar is dissolved. Add one cup of undiluted canned evaporated milk . Shake well, chill, and serve.

S.A.W.A.S.

SPICED FRUIT PUNCH

Boil one pint water with two tablespoonfuls sugar, one stick cinnamon, six cloves, and thinly pared lemon rind. Cool and add one large cup fruit syrup and the juice of one lemon. Strain and serve very cold.

S.A.W.A.S.

COCKTAIL SNACK

Open a can of Brisling and remove tails and centre bones. Mash the fish and mix with a dessertspoonful of mayonnaise, a teaspoonful of lemon juice, pepper and salt. Pile a teaspoonful of the mixture on large potato crisps. Allow five to six crisps per person. Serve on small plates surrounding tomato juice cocktail. Prepare only a few minutes before required. Otherwise the potatoes will lose their crispness.

S.A.W.A.S.

TOMATO JUICE COCKTAIL

Chill the canned tomato juice, season with pepper and salt to taste, add half a teaspoonful of Worcester sauce.

S.A.W.A.S.

HOT DOG

Use canned Vienna sausages; fry them in butter or other fat and cut each in halves lengthwise, place two halves of a sausage between two slices of hot buttered toast from which the crust has been removed. Hold together by stabbing through at each end with a cocktail cherry stick on which thread a slice of gherkin. Serve hot. The buttered toast may be spread with mustard before making up the sandwiches.

S.A.W.A.S.

STUFFED APPLES

Choose large well-shaped dessert apples of equal size, preferably of a green variety. Slice a piece off one end and scoop out with a pointed knife, taking care not to pierce the skin. Fill with macedoine of vegetables in mayonnaise and garnish with a canned red cherry or a trellis of tomato strips. For a sweet snack fill "apple caps" with fruit salad, topped with whipped cream and trim with cherries and angelica.

S.A.W.A.S.

PICKLES & PRESERVES

"Fore-thought will often save after-thought."

GRAPE FRUIT MARMALADE

2 grape fruit,
5 lb. sugar,
5 pints water.

Wash fruit, cut into quarters, remove the white core up the middle of the fruit, and also the pips. Shred finely. Boil up in the water and when soft put in sugar and boil for about four hours or until the syrup thickens when a small quantity is put on a saucer. This quantity makes six to eight 1 lb. jars.

MRS. V. M. MITCHELL.

LEMON CURD
(QUICKLY MADE)

1 breakfastcup sugar,
2 eggs,
Rind and juice of 1 lemon,
2 dessertspoonfuls of ground rice.

Mix together and cook in pastry without boiling.

MRS. M. CUBIE.

PINEAPPLE SOUP OR DRINK

To be served hot or cold. Brush and wash pineapple thoroughly, then peel about quarter-inch thick; cover peel with cold water and allow to simmer for 15 to 20 minutes; strain, add sugar and lemon juice to taste; lastly add one or two yolks which have been mixed in a cup with hot liquid. When serving, place stiffly beaten whites with a dash of cinnamon on top.

MRS.M. RONALD.

LEMON SYRUP

2 lb. sugar,
1 dessertspoonful of tartaric acid crystals,
1 tablespoonful essence of lemon,
1 pint boiling water.

Pour the boiling water over the sugar and stir in warm place until the sugar is dissolved, add the tartaric acid crystals dissolved in a little warm water, the tablespoonful of essense of lemon, and stir altogether; strain through muslin. Pour a little in a glass when cold and fill with water or soda water. If the sugar and water are boiled together, it makes the syrup too thick and will not mix with the water in the glass unless stirred.

ANONYMOUS.

TOMATO PICKLE

5 lb. tomatoes,
1 lb. onions,
1 bottle vinegar,
1 tablespoonful mustard,
1 tablespoonful curry powder,
1 teacup golden syrup.

Cut up tomatoes and onions into small pieces, overnight, and sprinkle over them a quarter lb. salt. In the morning pour off and throw away this liquid. Put the other ingredients into a pot and bring to the boil. Add tomatoes and onions and boil well.

MISS BREACH.

CAPE CHUTNEY

1 bottle vinegar,
½ lb. dates,
1 lb. apricot jam,
3 or 4 pieces of garlic,
Cayenne pepper to taste and a little salt.

Cut and stone dates and boil all together until it thickens.

MRS. I. WOLF.

CHUTNEY

½ lb. apples,
½ lb. raisins (stoned),
2 lbs. white sugar,
½ lb. dried apricots,
1½ lbs. onions,
¼ lb. salt,
1 tablespoon ground ginger,
1 dessertspoon pepper,
2 bottles vinegar.

Cut into small pieces or put through mincer, apples, apricots, raisins, and onions. Boil for one hour.

MRS. I. GARRETT.

MARMALADE

10 bitter oranges,
2 sweet oranges,
1 lemon,
Sugar,
Water.

Wash and dry fruit, cut in halves, remove pips and put in basin with one pint water, cover and leave in warm place overnight. Remove juice from fruit and place in large basin. Put remainder of fruit through mincing machine and add to the juice, and to every bitter orange add one pint water and to every sweet orange and lemon half-pint water. Allow to stand overnight. Next day cook all slowly till tender, add the strained liquid from pips; to every pint liquid add one pound sugar; boil rapidly 15 to 40 minutes (till a skin forms when a little is cooled on a plate). Pour into warm jars, cover and label.

S.A.W.A.S.

MARROW JAM

6 lbs. marrow,
6 lemons,
6 lbs. sugar,
3 inches cinnamon stick,
2 ozs. root ginger.

Peel and cut up marrow, cover with sugar, add rind and juice of lemons; bruise the ginger and tie in muslin with the cinnamon stick and add. Cover and leave overnight; boil all slowly 45 to 60 minutes; test in the usual way. Bottle and cover.

S.A.W.A.S.

MARROW GINGER

Remove skins and seed from marrow, cut into cubes, weigh, cover with water, and stand overnight; pour away the water, cover with the weighed sugar and stand twelve hours; next day dissolve sugar in the liquid, add rind and juice of two lemons (and 2 ozs. crushed root ginger and 1 inch cinnamon stick tied in muslin). When boiling, add marrow, boil three-quarters of an hour to two hours slowly. Pour into warm jars, cover and label.

S.A.W.A.S.

DRIED APRICOT JAM

2 lbs. apricots,
5½ lbs. sugar,
1½ ozs. almonds,
5½ pints water.

Wash apricots, cut in slices or pass through mincing machine, soak in the water 24 hours; add sugar and boil 30 minutes; add the almonds, blanched and shredded, boil for about 30 minutes longer. Pour into warm jars, cover and label.

S.A.W.A.S.

CHRISTMAS MINCEMEAT

1 lb. suet,
1¼ lbs. apples (weighed after coring),
1¼ lbs. currants,
1 lb. Valencias (stoned),
¼ lb. sultanas,
¼ pint rum or brandy, if liked,
¾ lb. moist sugar,
Rind and juice of 1 orange,
Rind of 2 lemons,
¼ lb. peel,
¼ lb. almonds,
¼ lb. seedless raisins,
¼ teacupful cinnamon.

Prepare fruit according to kind; if large, chop finely. Mix with sugar and chopped suet, add other ingredients, mix well. Pack into jars and cover.

S.A.W.A.S.

APPLE GINGER

6 lbs. small hard apples.
2 ozs. root ginger.
6 lbs. preserved ginger.

Wash apples, peel and core, cut into neat slices; bruise root ginger and tie in muslin, shred the preserved ginger. Weigh prepared apples and ginger, place into preserving pans with equal quantity of sugar. Place skins and cores in pan and just cover with water, simmer till tender; strain the liquid on to apples, ginger, and sugar, bring to the boil, boil slowly about 40 minutes to one hour; remove muslin bag with ginger. Pour and cover.

S.A.W.A.S.

APPLE BRANDY JELLY

Apples,
Lemon peel.
Water.
Preserving sugar,
Limosin brandy.

Cut apples into quarters and boil in a little water until soft enough to be crushed with a wooden spoon. Drain through a jelly bag and measure juice which is collected. To each pint allow ¾ lb. sugar, the strained juice of a lemon and a wineglassful of brandy. Boil all together in a preserving pan until the syrup sets quickly when tested on a cold plate. Pour into jars and cover when cold.

CASTLE WINE & BRANDY CO.

CHUTNEY

½ lb. dried apricots (soaked 24 hours).
1 lb. dates.
1 large onion.
2 blades garlic, put through mincing machine.

Put on to boil with one bottle vinegar, 1 lb. yellow sugar, and 1 teaspoon cayenne pepper. Boil very gently till right consistency. Bottle when cold. Cork and seal. Will keep.

MRS. MEYER RAUBENHEIMER.

APPLE CHUTNEY

2 lbs. apples (peeled and sliced in thin bits).
1 large onion.
1 lb. sugar.
½ oz. ground ginger.
1 oz. Allspice.
2 ozs. salt.
1 teaspoon cayenne pepper.
1 bottle vinegar.

Put all ingredients in saucepan, bring quickly to boil, then draw to side of stove, and simmer for about two hours till a nice brown colour. For sweet apples use less sugar.

MRS. MEYER RAUBENHEIMER.

BLATJANG

Soak 2 lbs. of dried apricots overnight in a bottle of vinegar. Take four large onions and put through a mincing machine with the soaked apricots. Add two bottles of vinegar and boil till onions are tender, then add one 2 lb. tin of apricot jam and just bring to boil again. Set down to cool. Then add one teaspoon each: salt, pepper (cayenne pepper), and one tablespoon of mixed mustard and ground ginger. If too thick, add more vinegar, also more spice if required. Put into wide-mouthed bottles and cover with paper. Will keep good for months.

MRS. J. C. SMUTS.

APRICOT JAM CHUTNEY

Six large onions minced and boiled with one bottle of vinegar. Add 2 lbs. apricot jam. Stir well. When boiling, add 1 tablespoon fine ginger, 1 tablespoon corriander seed (fine), 1 tablespoon salt, 1 tablespoon cayenne pepper. Keep stirring till well mixed.

S.A.W.A.S.

SWEETMAKING

"Joys shared with others are the most enjoyed."

FUDGE

2 lbs. white sugar,
1 tin condensed milk,
1 teacupful fresh milk,
1 teacup of shelled walnuts,
2 tablespoonfuls butter,
Few drops of vanilla essence.

Put all ingredients (except nuts and vanilla) into saucepan. Bring slowly to boil, boil for 25 minutes, stirring all the time. Add nuts and vanilla and set in buttered dish. Cut when cool.

MISS M. S. G. MITCHELL.

FUDGE

2 ozs. butter,
1 lb. sugar,
2 tablespoons syrup,
1 tin condensed milk,
Little vanilla,
¼ lb. nuts, cut up.

Dissolve sugar, butter and syrup; add condensed milk and nuts. Boil about 30 minutes, stirring all the time.

L. TRAUB.

EASILY MADE FUDGE

2 lbs. granulated sugar,
1 large tin condensed milk,
Vanilla,
1 oz. butter,
Sweet milk to half fill the tin,
Nuts as desired.

Put sugar and all the milk into pan. Bring very slowly to the boil. Boil for 10 minutes. Add butter and boil for 15 minutes longer. Remove from fire. Beat until sugary. Add essence and nuts. Pour into greased toffee tins—when slightly set mark into pieces. Divide when quite cold. Care must be taken to stir often all the time.

MARGARET M. CRAWFORD.

COCOANUT ICE

3 cupfuls of white sugar,
1 cup milk,
½ oz. butter,
3 cups cocoanut (about),
1 teaspoonful vanilla essence,
Cochineal.

Grease bottom of saucepan with butter. Add sugar and milk and bring gently to the boil. Boil for ten minutes. Remove from fire and add cocoanut and vanilla. Turn half out on to a buttered plate. Colour remainder pink and put on top. Flatten with hand and beat well into shape. Dip hand into warm water if mixture sticks to hand, but do not wet mixture too much. If mixture granulates before turning out of saucepan, add little warm water.

MISS M. HOAL.

RUSSIAN TOFFEE

2 tablespoonfuls of syrup,
3 ozs. butter,
1 tin condensed milk,
1 teacup water,
1 lb. sugar,
Vanilla.

Place sugar, syrup, butter, water, and condensed milk in pan, dissolve slowly (the sugar should all be dissolved before it reaches boiling point); boil steadily 20 minutes, stirring frequently (if ready, the mixture becomes firm if poured into cold water). Pour when almost cold, cut and wrap in waxed paper.

S.A.W.A.S.

OPERA CREAMS

1¾ lbs. sugar,
½ pint cream,
2 tablespoons of coffee essence,
½ pint milk,
1½ tablespoonfuls of glucose.

Put sugar, milk, cream and glucose into pan, dissolve sugar carefully, stir till boiling; put in thermometer and boil to 230 degrees F., take off fire and add coffee; boil now to 235 degrees F., stirring frequently (in hot weather boil to 236 degrees). Pour into a large welted basin, leave undisturbed till the outside of the basin feels cool, stir with a wooden spoon until it becomes a paste. Pour into a tin or nougat frame lined with greaseproof paper. Cover with greaseproof paper, place weight on top. When cold, cut into cubes.

N.B.—The mixture can be coloured pink and chopped cherries sprinkled on top after pouring into wet basin.

S.A.W.A.S.

CARAMEL WALNUTS

Marzipan,
Dipping syrup,
Colouring,
Flavouring,
Walnuts.

Make marzipan in usual way, divide into two, colour and flavour, form into small balls, put half a shelled walnut on either side, press slightly, lay on paper and stand in a dry place overnight. Dip in the syrup, making as little movement in the syrup as possible, lift out with a dipping fork, place on to a waxed paper or an oiled tin. When cold, pack in airtight tins.

S.A.W.A.S.

MARZIPAN

1 lb. icing sugar,
½ lb. ground almonds,
Vanilla,
1 well-beaten egg.

Sift icing sugar, add ground almonds and few drops vanilla Add well-beaten egg and work well until it forms a solid dough. Knead well to get the right consistency, then use as required. To make Marzipan Potatoes, form into small balls and roll in ground cinnamon.

HELEN PITT.

DIPPING SYRUP

½ lb. granulated sugar,
½ teacup water,
½ teaspoonful cream of tartar.

Boil all together slowly in a small pot. Do not stir. Boil until pale shade of brown (about one hour). Grease flat tin; dip walnuts in this caramel—lift out—lay on tray to firm.

M. M. CRAWFORD.

ALMOND PASTE

6 ozs. ground almonds,
6 ozs. icing sugar,
6 ozs. castor sugar,
Egg to bind,
Flavouring.

Mix almonds and sieve sugar, add flavouring to egg and mix all to a very stiff paste. Use as required.

S.A.W.A.S.

FRUIT PASTILLES

Half a tin of apricots,
6 ozs. sugar.

Pour juice off apricots, rub apricots through sieve, weigh ½ lb. puree, place in pan; add the sugar, stir till dissolved; allow to boil, keep stirring till the puree is thick (test if a drop placed on a slab sets quite firm). Allow mixture to cool a few minutes, pipe on to a waxed paper or drop on to waxed paper with a teaspoon, sprinkle with granulated sugar. When quite set, lift paper and lay it on a wet slab; lift off pastiles and stick two together.

S.A.W.A.S.

TURKISH DELIGHT

2 lbs. sugar,
2 ozs. gelatine,
4 teaspoonfuls of cornflour,
Pinch tartaric acid,
Few drops flavouring,
¼ lemon,
1 pint water.

Slowly dissolve gelatine in water, add sugar when dissolved, add lemon and boil six minutes, stirring all the time. Remove pan, stir in blended cornflour, add tartaric acid and boil up. Pour half into wet tin, to other half add colouring and flavouring, allow to cool. To turn out dust with icing sugar, loosen edges, turn on to board with icing sugar. Cut, with scissors, toss in icing.

S.A.W.A.S.

ICINGS & FILLINGS

"Eat to live—not live to eat."

BUTTER ICING

4 ozs. unsalted butter,
6 or 7 ozs. of sieved icing sugar,
Colouring,
Flavouring.

Sieve icing sugar, cream butter and sugar well, add colouring and flavouring.

S.A.W.A.S.

CHOCOLATE BUTTER ICING

Same as butter icing with the addition of sufficient dissolved cocoa to make the colour and flavour.

S.A.W.A.S.

CHOCOLATE WATER ICING

½ lb. icing sugar,
1 good teaspoonful cocoa,
Vanilla,
Boiling water.

Sieve icing sugar, add about one tablespoonful boiling water to cocoa and mix well; add dissolved cocoa to icing sugar and sufficient boiling water to make a coating consistency. Stir well. Use at once.

S.A.W.A.S.

ORANGE WATER ICING

6 ozs. icing sugar,
1½ tablespoonfuls of orange juice.

Sieve the sugar, add orange juice, and mix well. Just make warm and use.

S.A.W.A.S.

ROYAL ICING

Icing sugar,
Laundry blue, if desired,
Lemon juice, and
White of egg.

Sieve sugar, beat egg, add sufficient sugar to make consistency of thick batter, add some lemon juice and if desired a little laundry blue, beat well, use as required.

S.A.W.A.S.

CONFECTIONERS' CUSTARD

½ pint milk,
2 yolks of eggs,
¾ oz. cornflour,
1 oz. castor sugar,
½ teaspoonful vanilla essence.

Mix the cornflour and milk to a smooth paste, stir it over the fire until it boils, then let it simmer for ten minutes. Add the yolks of eggs, sugar and vanilla and stir over the fire until the custard has thickened. It should not be allowed to boil. When cool, the custard is ready for use and may be used instead of whipped cream for filling eclairs, etc. S.A.W.A.S.

ORANGE FILLING

Rind of 1 orange.
Juice of 2 oranges,
2 tablespoonfuls of lemon juice,
Enough water to make juice equal to ¾ pint,
2 ozs. cornflour,
2 yolks,
2 ozs. sugar,
1 oz. unsalted butter.

Boil all, add eggs and butter last. Cool and use.
S.A.W.A.S.

WALNUT FILLING

3 tablespoons ground almonds,
1 teaspoonful vanilla essence,
1 tablespoonful chopped walnuts,
3 tablespoonfuls of apricot jam.

Rub the jam through a hair sieve, mix all together and use as required. S.A.W.A.S.

SANDWICHES & FILLINGS

"Don't worry, keep smiling; do something for somebody Quick!"

CHEESE CREAM SANDWICHES

3 tablespoonfuls grated cheese,
2 large tablespoonfuls of double cream,
A little crisp celery,
Or a few shelled and peeled walnuts,
Bread and butter,
Cayenne.

Cut some thin slices of bread, butter them slightly, shred either celery or walnuts finely and mix this with the cheese and cream. Spread the buttered side of the bread slices with this, place them together into sandwiches. S.A.W.A.S.

CHICKEN AND CHUTNEY SANDWICHES

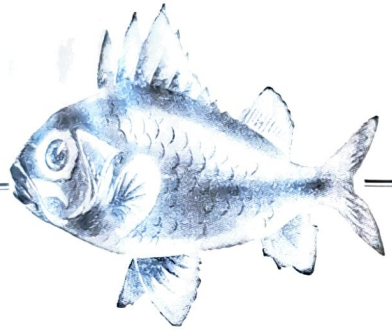
1 oz. butter,
1 tablespoonful white sauce,
2 ozs. cooked chicken,
1 dessertspoonful chutney,
Salt and pepper,
Slice of thin bread and butter.

Pound the chicken, butter, white sauce, chutney, salt and pepper together in a bowl, then rub through a fine sieve. Spread some of this mixture on to a slice of bread and butter, cover with another slice and cut into squares. S.A.W.A.S.

EGG AND ANCHOVY SANDWICHES

2 hard-boiled eggs,
½ teaspoonful of anchovy essence,
2 anchovies (boned),
1 oz. butter,
Salt,
Pepper,
Cayenne,
Slices of bread and butter or buttered sandwich rolls.

Pound the eggs, anchovies, butter, anchovy essence, salt, pepper and cayenne together in a bowl, then rub through a hair sieve. Spread some of this mixture on to a slice of bread and butter, lay another slice on top and make into sandwiches.
S.A.W.A.S.



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REDRO
FISH PASTE

TOMATO AND EGG SANDWICHES

1 egg,
½ oz. butter,
½ gill tomato pulp from fresh tomatoes,
Salt,
Pepper,
Bread and butter.

Mix egg, butter, pulp and seasoning, cook as for scrambled egg, spread on a plate to cool; spread on bread and butter. Sandwich. Cut neatly, serve. S.A.W.A.S.

FRUIT SANDWICHES

Thin slices of brown and white bread and butter,
Sugar to taste,
Slices of any kind of fruit.

Cover a slice of bread and butter with fruit, sprinkle with sugar and cover with another slice of bread and butter.

N.B.—A little whipped cream may be spread on the fruit.
S.A.W.A.S.

PRUNE SANDWICHES

1 lb. prunes, stewed to a thick pulp with sugar to sweeten,
½ gill whipped cream,
¼ lb. ground almonds,
Little vanilla essence,
Or 2 tablespoonfuls of port wine, if liked,
Thin sliced white bread and butter.

Mix all well together and spread on the buttered bread. Sandwich. S.A.W.A.S.

GINGER SANDWICHES

Preserved ginger,
Brown bread and butter,
Cream.

Slice the ginger, mix with a little syrup, spread on the brown bread and butter, spread on a layer of cream and sandwich.

N.B.—Sponge fingers may be used instead of bread and butter.

N.B.—Lemon curd, banana butter, apple and damson jam, cheese, may all be used for sweet sandwiches. S.A.W.A.S.

CHEESE AND TOMATO PASTE

¾ to 1 lb. tomatoes,
1 small onion,
1½ oz. butter,
1½ to 2 ozs. grated cheese,
1 egg,
Seasoning,
Brown breadcrumbs.

Scald, skin, and cut up tomatoes, saute tomatoes and onions chopped up finely. Add egg and cook. Remove from fire, add cheese and seasonings and breadcrumbs. Mix well together. Pot and use as required. S.A.W.A.S.

BEEF AND HAM PASTE

½ lb. rump steak and
¼ lb. lean ham (both minced),
1 teaspoon sauce (H.P., etc.),
Salt and pepper.

Steam in a bowl for three hours, then beat well with fork for ten minutes. Put into small dishes and seal by pouring melted butter over top. M. M. CRAWFORD.

RAISIN RECIPES

"Eat more raisins!"

GENERAL SUGGESTIONS FOR USING RAISINS.—A few raisins or sultanas, soaked overnight and eaten immediately on rising are very beneficial to the health.

Add a few raisins to the children's porridge; it makes an agreeable change and makes it more nutritious.

Always use raisins in bread and butter pudding instead of currants. They are more wholesome and sweeter.

Give the children a packet of raisins to take to school with their lunch and accustom them to take raisins when they go on walking and climbing expeditions.

Raisins are rich in vitamins and all health-giving properties. They build up the body tissues, they give energy for work and are a recognised restorative in cases of brain fag.

Raisins are a preventative of train and sea-sickness. Never travel without a packet of raisins.

A cure for constipation.—Soak raisins in lemon juice and eat first thing in the morning.

UNFERMENTED GRAPE BEVERAGE

Cover with water 16 lbs. dark grapes after having previously stemmed them; boil until juice is well extracted; about two or three hours on the back of the stove is best. Place in jelly bag, allow it to drain into an earthenware vessel all night. Do not squeeze the fruit in bag. To one quart of juice add one pound of sugar. Boil for half-an-hour, then bottle. This is not only a refreshing drink, but very nourishing for any invalid; taken in hot instead of cold water at night, it is a good cure for a cold. To one quarter of a tumbler of juice add cold or iced water.

RAISIN LOAF CAKE

2 cups brown sugar,
1 teaspoonful salt,
2 cups hot water,
1 teaspoonful ground cloves,
¼ cup fat,
1 teaspoonful each cinnamon and bi-carbonate soda,
1½ cups chopped raisins (sultanas will do),
3 cups flour.

Every Recipe needs a MIXMASTER

It's actually fun to get your meals with a Mixmaster, to do all the tiring, tedious work for you. Beats much more evenly than by hand—makes everything more delicious. Ingredients go further—cuts work in half. Women who own a Mixmaster say they don't know how they ever kept house without one.

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Mix water, fat, sugar, raisins, salt and spices, and bring to the boil. Allow to boil for five minutes. Set aside to cool. Then add flour and soda. Bake in well-greased loaf pan or small baking dish in a slow oven 45 minutes to 1 hour. Cut in slices, and buttered it makes a pretty dish.

RAISIN FILLING FOR SANDWICH CAKE

¾ pint milk,
3 ozs. sugar,
5 teaspoonfuls flour,
⅛ teaspoonful salt,
1 egg yolk,
¼ lb. chopped raisins,
½ teaspoonful of lemon extract.

Heat milk, mix sugar, flour and salt, and add hot milk slowly, stirring constantly. Cook fifteen minutes, add egg yolk and cook until mixture thickens, stirring constantly. Add raisins, cool slightly, add flavouring and spread between layers of cake.

GINGER CAKE WITH RAISINS

½ lb. flour,
2 ozs. butter,
1 egg,
2 ozs. sugar,
2 tablespoonfuls of syrup,
½ teaspoonful ginger,
½ teaspoonful bi-carbonate soda,
¼ teaspoonful mixed spice,
½ teaspoonful cinnamon,
¼ lb. raisins.

Mix well and bake in a slow oven.

RAISIN LOAF

1 lb. flour,
1 cup sugar,
1 cup stoned raisins,
2 tablespoonfuls butter,
2 dessertspoonfuls of baking powder,
1 egg,
1 cup milk.

Rub flour and butter, add sugar, baking powder and raisins, then milk and egg. Mix well and bake in a moderate oven.

ORANGE CAKE

3 ozs. butter or shortening,
½ lb. sugar,
2 egg yolks,
7 ozs. flour,
2 teaspoonfuls of baking powder,
¼ teaspoon salt,
1 teaspoonful grated orange rind,
¼ pint oraige juice,
⅓ lb. chopped raisins,
2 stiffly beaten egg whites.

Cream butter and add sugar slowly, creaming them together; add beaten egg yolks, sift flour, baking powder and salt together, and add to egg mixture alternately with the orange juice. Add orange rind and plumped raisins and beat until thoroughly mixed. Fold in egg whites, pour into greased loaf tin, and bake in moderate oven 35 to 40 minutes.

SIMNEL CAKE OR RAISIN CAKE

6 ozs. butter,
6 ozs. sugar,
¾ lb. flour,
½ lb. sultanas,
¼ lb. peel,
4 eggs,
½ teacup milk,
½ lb. Valencia raisins,
¾ lb. currants,
1 teaspoonful mixed spice,
1 teaspoonful cinnamon,
½ teaspoonful ginger,
½ teaspoonful baking powder,
Little nutmeg.

BOSTON LOAF

1 cup flour,
1 cup coarse meal,
1 teaspoonful bi-carbonate soda,
25 walnuts,
¾ lb. raisins,
1 cup milk,
¾ cup golden syrup,
Pinch salt.

Steam or boil for two hours.

FRUIT LOAF

1 lb. flour,
2 ozs. butter,
1 teaspoonful baking powder,
1 teaspoonful cream of tartar,
½ teaspoonful salt,
2 tablespoons fine sugar,
Small teacup of seeded raisins,
2 ozs. sultanas,
2 ozs. peel,
1 teacup milk (sour or fresh),
1 egg.

Rub butter in flour, add baking powder, cream of tartar, and salt. Add sugar and fruit.

BUTTERSCOTCH CURLS

2 cups flour,
4 teaspoonfuls of baking powder,
½ teaspoonful salt,
4 tablespoons shortening,
½ cup milk,
3 tablespoonfuls butter,
1 cup stoned and chopped raisins.

Sift dry ingredients, mixing them with a fork; add shortening. Add milk to make a fairly soft dough and roll out a quarter of an inch thick. Spread well with creamed butter and raisins and sprinkle with brown sugar. Roll up as for Jelly Roll and cut into inch pieces. Stand these on end on a baking sheet and bake for 30 minutes in a moderate oven. Makes 12 large or 22 small curls.

NUT AND RAISIN BREAD

Rub 2 ozs. butter into 2 large cups flour, add 1 dessertspoonful baking powder, pinch of salt, ½ cup chopped walnuts, ½ cup stoned raisins, 1 cup sugar, 2 eggs, a little milk. Mix all well together, put the mixture into a well-greased tin, and let it stand for twenty minutes. Bake in a moderate oven for 40 minutes.

BOILED RAISIN PUDDING

1 cup nuts (finely chopped),
1 cup sugar,
1 cup breadcrumbs,
1½ cups flour,
teaspoonful bi-carbonate of soda mixed with ½ cup sweet or sour milk,
Salt to taste,
1 teaspoonful of mixed spice or cocoa,
1 cup stoned raisins.

Mix the evening before cooking. Boil in mould or cloth for 2½ hours. Serve with sauce.

VERY SPECIAL CHEESE CAKES

Line small patty tins with good pastry and fill with the following recipes—the raisin one first; then fill with the second one and bake in a moderate oven:—

No. 1.—½ lb. stoned raisins, ¼ teacup water, 1 tablespoon lemon juice. Boil slowly for half-an-hour, thicken with a little cornflour or plain flour, cool before using.

No. 2.—½ cup rice flour, ½ cup sugar, 3 tablespoons butter 1 tablespoon ground almonds, 3 drops of essence of almonds, ¼ teaspoonful baking powder. Put a coat of icing on the top.

RAISIN CARAMELS

Melt ¼ cup butter in a saucepan, add 2 cups sugar, ½ cup milk, ¼ cup golden syrup. Beat till it boils and boil seven minutes. Remove and add one teaspoonful cocoa, stir till well mixed and boil again seven minutes, remove and beat till creamy (about ten minutes), add half-a-cup broken nuts and 2 tablespoonfuls stoned and chopped raisins and a teaspoonful of vanilla. Pour at once into buttered shallow tin, cool slightly and mark into squares.

RAISIN TOFFEE

2 lbs. brown sugar,
1 tin condensed milk,
1 small teacup water,
1 teaspoonful vanilla essence,
1 teacupful raisins (stoned and halved),
1 cup walnuts (broken up, but not too finely).

Mix well (all but fruit and nuts), boil hard for a quarter of an hour, put fruit in about eight minutes before taking it off Test in saucer; when you see it coming away from sides of saucepan, you know it is done. Stir all the time. Pour on buttered or enamelled dish and cut into squares when cool.

RAISIN FUDGE

2 ozs. powdered chocolate,
1 lb. sugar,
½ teaspoon salt,
1½ gills milk,
1 teaspoonful butter,
1 teaspoonful vanilla,
¼ lb. raisins.

Mix chocolate, sugar, salt and milk. Stir until mixture boils and sugar dissolves. Cook without stirring until mixture forms a soft ball when tested in cold water. Remove from fire, add butter, and allow to stand until partially cooled. Add vanilla and raisins, beat until creamy. Pour into buttered tins; cut in squares.

GRAPE JELLY

1 tablespoonful powdered gelatine,
1 cup hot water,
1 pint grape juice,
2 tablespoons sugar.

Stir gelatine into hot water and boil just three minutes. Add juice and sugar, turn into a wet mould. Stand until next day or put on ice.

BOTTLED GRAPES

Hanepoot grapes are best. Bottle in clusters without sugar. Boil about twenty minutes and bottle before the skins break.

GRAPE KONFIJT

Almost ripe grapes are best. Prick with darning needle. Make a syrup of 1 lb. sugar to ½ pint water to every 4 lbs. of prepared fruit. When syrup is clear, strain and bring again to boiling point. Drop in fruit. Boil quickly for a few minutes, then draw aside and boil very gently until the fruit is quite clear and the syrup is quite thick.

STEWED RAISINS

Soak raisins overnight. Pour off water and cook slowly about one hour in not quite enough water to cover. Sugar to taste and add a few drops of vanilla; 1 lb. raisins will absorb nearly 4 lbs. of water.

GRAPE MINCEMEAT

2 lbs. apples (chopped),
1 lb. currants,
½ lb. mixed peel,
1 lbs. raisins (stoned).

Put all through a mincing machine, then add ½ teaspoonful cinnamon, ½ lb. sugar, grated rind of a lemon, pinch of salt, 1 lb. grapes, skinned, stoned and beaten with a wooden spoon. The grapes are used instead of suet and make the mincemeat more digestible.

RAISIN YEAST

For "mos bolletjes" raisin loaf or raisin buns. 1 lb. raisins is enough to make up 12½ lbs. flour.

Wash raisins in hot water and bruise or chop them up, seeds and all. Put crushed raisins into a dry seasoned calabash (which is better than a fruit bottle) and pour some hot, but not boiling, water over them. Treat like ordinary yeast by covering and keeping in a warm place for about two days. When raisins rise to the surface, the yeast is ready. Do not leave too long before using. Strain off and proceed with "mos bolletjes" or rusk recipe.

YELLOW RICE

To be eaten with roast meat. Wash ½ lb. rice and ½ lb. raisins and put into a saucepan with a pint of water a small teaspoonful of turmeric, a piece of stick cinnamon, 2 or 3ozs. sugar, and 2 ozs. butter. Boil gently about half-an-hour, adding more water if necessary. Yellow rice as a sweet dish is a favourite with children.

All the foregoing Raisin Recipes have been collected and issued by the WOMEN'S CHRISTIAN TEMPERANCE UNION OF SOUTH AFRICA.

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MILK OR BAKING POWDER ROLLS

½ lb. flour,
Or ¼ lb. flour and ¼ lb. wheaten flour,
2 teaspoonfuls baking powder,
½ teaspoonful salt,
1½ oz. butter,
About 1 gill milk or water.

Mix the dry ingredients; rub in the butter. Stir in enough milk or water to make a fairly stiff dough. Place in rough heaps on a floured tin, or form quickly into twists or rolls. Brush with milk to give a glaze, and bake in a quick oven from 15 to 20 minutes.

S.A.W.A.S.

ZOET KOEK (SWEET BISCUITS)

6 lb. meel,
3 lb. bruin suiker,
1½ lb. botter of vet,
2 lepels kaneel,
2 lepels kruinagels,
2 neute,
1 lepel gemmer,
1½ pakje soda,
2 lepels cream of tartar.

Met melk of water aangemaak. Rol uit tamelik dun en snij uit. Versier met 'n halve amandel.

MISS H. BUYSKES.

ZOET ZUURDEEG (YEAST)

1 pint boiling water,
½ pint cold water,
1 teaspoonful salt.

Strew in coarse meal (3 large cups) till almost a thick batter, stirring all the time. Then strew dry meal over the surface and on sides of pot. Cover closely; wrap in newspaper and a small piece of blanket, put in a warm place. About 6 a.m. next day (if you have made the mixture overnight) stir in one cup of boiling water. Cover again and knead when ready.

MISS H. BUYSKES.

ZOET ZUURDEEG (YEAST)

Cut up medium-sized potato, put over it one teaspoonful of coarse salt, add 3 cups boiling water, and strew in 3 cups of coarse meal. Cover up warmly. Next morning it will be frothy and risen. If not, stir in a cup of boiling water. Stir up and in a short time it will be fit to knead. MISS H. BUYSKES.

WHITE BREAD
(SMALL QUANTITY)

1 lb. flour,
½ oz. yeast,
¼ teaspoonful sugar,
½ pint luke warm water,
1 teaspoonful salt.

Put the flour in a warm bowl. Cream the yeast and sugar in a small basin, add a little of the warm water. Strain into the centre of the flour. Put into a warm place to sponge for 15 minutes. Sprinkle the salt round the edges. Knead up with the rest of the warm water to make a stiff, smooth dough. Allow to rise until twice its size in a warm place covered with a clean cloth. Make into loaves and put into warm greased tins. Put to rise in a warm place for 20 minutes. Bake in a hot oven from 50 minutes to 1 hour, according to the size. Remove from the tins and put on to a wire tray to cool. S.A.W.A.S.

BROWN BREAD
(SMALL QUANTITY)

12 ozs. wholemeal flour,
4 ozs. flour,
1 teaspoonful salt,
1 teaspoonful bi-carbonate soda,
1 teaspoonful cream of tartar,
1 oz. butter,
About ½ pint buttermilk.

Mix the flour, salt, soda, and cream of tartar together. Rub in the butter. Add the buttermilk and mix to a soft dough. Knead up very quickly and lightly. Form the loaves and place on a floured tin. Bake in a hot oven from 30 to 40 minutes till well risen, lightly browned and firm in the centre. S.A.W.A.S.

YORKSHIRE TEA CAKES

1 lb. flour,
1 teaspoonful salt,
2 ozs lard,
1 oz. yeast,
2 ozs. sugar,
2 ozs. currants,
½ pint lukewarm milk and water.

Sieve the flour and salt and rub in the lard. Cream the yeast with half a teaspoonful sugar and add the warm milk. Add currants and sugar to flour and mix to a soft dough with the milk. Knead until smooth and put to rise in a warm place for 1 hour. Knead well. Divide into five and form into rounds. Roll out one inch in thickness. Place on a warm greased tin. Rise in a warm place about 20 minutes. Bake in a quick oven for 15 to 20 minutes.

S.A.W.A.S.

AFTERNOON TEA SCONES

½ lb. flour,
½ teaspoonful bi-carbonate soda,
½ teaspoonful cream of tartar,
Pinch of salt,
1 teaspoonful castor sugar,
1½ ozs. butter,
Buttermilk.

Sieve the dry ingredients and rub in the butter; add enough buttermilk to make a soft elastic dough. Turn on to a floured board, knead very lightly and roll out. Cut in rounds, place on a warm girdle, and bake steadily till well risen and of a light brown colour underneath. Turn and bake on the other side till quite cooked. **Note.**—These scones may be placed on a floured tray and baked in a quick oven from 10 to 15 minutes. In this case make the scones a little thicker. One tablespoonful currants may be added. S.A.W.A.S.

GLORIFIED SCONES

8 tablespoons flour,
2 dessertspoonfuls baking powder (not heaped),
3 tablespoons sugar,
2 tablespoons butter,
Raisins,
Dates or sultanas,
1 egg,
4 tablespoons milk.

Mix dry ingredients, add egg and milk—the dough must not be too soft—place on a greased pan in small heaps. Bake in a moderate oven (450 degrees). When baked, split and spread with butter. MRS. K. M. BRINTON.

COCOANUT BUNS

¾ lb. flour,
2 small teaspoonfuls cream of tartar,
1 small teaspoonful bi-carbonate soda,
¼ lb. dessicated cocoanut,
¼ lb. castor sugar,
3 ozs. butter,
1 egg,
1 gill milk.

Sieve the flour, cream of tartar and baking soda. Beat the egg, cream the butter and sugar and add the liquid and flour by degrees to make a rather stiff mixture. Place this in rough heaps on a greased tray and bake in a hot oven for about 20 minutes.

S.A.W.A.S.

DROP SCONES

Keep the dry ingredients with lid on and use when required. Will last for months:—2 lbs. flour (sifted), ½ lb. sugar, 1 oz. cream of tartar, ½ oz. bi-carbonate soda, good pinch salt; mix well.

One small teacup milk, 1 egg (well beaten), 1 dessertspoonful melted butter. Put enough of dry mixture in to make thick batter. Drop spoonfuls on hot buttered girdle. When tiny holes appear, turn over.

ANNA BOTHA.

DATE LOAF

1 cup stoned dates,
1 teaspoonful bi-carbonate soda in ¾ cup boiling water (allow to stand until cool),
1 tablespoonful butter,
1 cup sugar,
2 eggs,
1¾ large cups flour,
1 teaspoonful baking powder,
1 teaspoonful vanilla essence,
1 teaspoonful ground cinnamon,
1 teaspoonful ground ginger.

Cream together sugar and water, add eggs well beaten, then dry ingredients and dates. Divide into two loaves and bake for 45 minutes in a medium oven.

MRS. R. HOPE.

RAISIN LOAF

1 teaspoonful baking powder,
2 cups flour,
¾ cup sugar,
2 eggs,
1 cup raisins and dates,
1 cup milk,
A few chopped nuts.

Beat eggs and sugar well, add raisins and dates and milk, and lastly sifted flour. Bake in a moderate oven.

N. DUSCHEK.

WALNUT BREAD

2 cupfuls of self-raising flour,
¾ cupful sugar,
¾ cup of chopped walnuts,
1 cup milk,
1 egg and ½ teaspoonful salt.

Mix the ingredients with the milk and beaten egg and allow to stand for 20 minutes. Bake for about one hour.

MRS. BIESMAN SIMONS.

SMALL TEA CAKES

½ lb. butter,
1 teaspoon baking powder,
½ lb. sugar,
½ lb. flour,
2 eggs.

Beat butter and sugar, add one egg, beat well. Add the other egg and mix in the flour with baking powder in it. Bake in a moderate oven.

MRS. E. PAULI.

SCOTS BAPS

1 lb. flour,
1 teaspoonful salt,
1 teaspoonful sugar,
1 oz. yeast,
2 ozs. Pastrine,
½ pint milk and water.

Sift flour and salt into warm bowl. Rub in Pastrine. Cream yeast and sugar and add to lukewarm milk and water. Mix to a soft dough and rise for one hour. Knead lightly. Divide into equal pieces, form into oval shapes 4 inches long and 2 inches wide. Brush with milk and dust with flour. Place on a greased tin and rise for 15 minutes. Bake in a hot oven from 10 to 20 minutes.

MRS. GILCHRIST.

POVERTY BUNS

2½ ozs. sugar,
4 ozs. flour,
¾ oz. butter,
1 teaspoonful baking powder,
½ teacupful milk,
1 oz. currants,
A little salt and nutmeg.

Clean currants, work butter and sugar together, add half the milk very gradually, then the flour, currants, nutmeg and salt. Mix all well. Lastly add baking powder. Bake in well-greased tins in quick oven from 15 to 20 minutes.

MRS. WEST.

DOUGHNUTS

2 cups self-raising flour,
1½ tablespoons butter,
Pinch of salt,
1 egg,
1 small teaspoonful baking powder,
Little milk.

Mix above ingredients into dough and drop a teaspoonful into hot fish oil until a golden brown colour. Take out and roll in castor sugar.

MISS BIRDIE MULLER.

SHAFTESBURY BISCUITS

6 ozs. flour,
1 egg,
Pinch bi-carbonate soda,
3 ozs. butter,
2 ozs. castor sugar,
Pinch salt.

Beat butter and sugar to a cream. Sift flour and soda and salt together. Beat egg lightly, add a little flour, then a little egg, until both are used up. If necessary, add a little more flour to have a good firm dough which can be rolled. Turn out on to a floured board. Work for a little, then roll quarter of an inch thick, cut into rounds with a biscuit cutter. Lay on a floured tin and bake in a moderate, rather slow, oven for about 20 minutes. Cool on a wire tray. When cold, put two together with a little butter icing and dust with icing sugar.

Icing.—1 tablespoonful butter, 3 tablespoons icing sugar, few drops vanilla, and a few drops lemon essences. Beat butter with wooden spoon, add sugar, beat in. Make soft mixture with essences.

MRS. ROLFE.

TEA BISCUITS

1 lb. butter or Pastrine,
½ lb. sugar,
2 eggs,
1½ lbs. flour,
Rind of a lemon.

Mix butter and sugar well, add one egg at a time, mix in flour with lemon rind slowly until a stiff dough is obtained. Roll out about a quarter inch thick and cut to any shape. Brush over with yolk of egg and bake in a good oven till golden brown.

MRS. E. PAULI.

SHORTBREAD BISCUITS

½ lb. butter,
¾ cup sugar,
3 cups flour,
Good pinch salt.

Cream warmed butter and sugar together. Add flour gradually, then salt. Roll out quarter of an inch thick and cut into fancy shapes. Bake in a moderate oven 350 degrees F., placing on the middle shelf.

MRS. G. F. C. FAUSTMANN.

CREAM BISCUITS

¼ lb. butter,
2 egg yolks,
¾ cup sugar,
¾ cup sweet cream,
A few drops vanilla essence,
2 teaspoonfuls baking powder.

As much flour as is necessary to make a soft biscuit dough.

Melt butter, add yolks of eggs and mix well. Then add cream and essence to flavour, mix again, and add sugar. Then sieve flour and baking powder and add to mixture. Make biscuits and bake in an oven about 450 degrees until golden brown. About seven minutes.

MRS. G. RUBIN.

SOET KOEKIES

(OLD RECIPE FROM LADY STOCKENSTROONE)

4 lbs. flour,
3 lbs. brown sugar,
1 lb. butter,
½ lb. sheep tail fat,
1 lb. pounded almonds,
4 eggs,
1 tablespoonful bi-carbonate soda,
1 tablespoonful ground cloves,
2 tablespoonfuls ground cinnamon,
1 glass claret.

Rub in thoroughly first dry ingredients, add eggs well beaten, lastly claret. Better mixed at night; roll out thinly next morning and bake.

MRS. GUYS HOFMEYR.

GINGER BISCUITS

1 lb. flour,
½ lb. sugar,
2 ozs. lard and 1 oz. butter,
1½ teaspoonfuls ground ginger,
1 teaspoonful bi-carbonate soda,
1 dessertspoon vinegar,
½ lb. treacle,
Pinch salt.

Rub lard and butter into flour, add sugar, ginger and salt. Warm treacle and add the vinegar and soda to it and mix with the dry ingredients. Roll out and cut rather smaller than required as they spread. Cook in a moderate oven about 15 minutes.

MRS. CUBIE.

WHEATEN MEAL BISCUITS

½ lb. wheaten or boer meal,
2 ozs. butter,
1 egg,
A little milk,
2 ozs. sugar,
2 teaspoonfuls baking powder.

Rub the butter carefully among the flour and baking powder. Add the sugar. Beat up the egg and stir in, adding as much milk as is necessary to make a stiff paste. Roll this paste one-eighth inch thick, cut into round biscuits, prick on top and bake until ready in a moderate oven. Very good for children.

MRS. G. PARGITER.

BISCUITS

2 tablespoonfuls flour,
2 tablespoonfuls cornflour,
2 tablespoonfuls castor sugar,
¼ lb. butter,
1 egg,
½ teaspoonful baking powder.

Mix butter and sugar, work in flour and cornflour sieved with baking powder, and bind with egg. Bake in a slow oven.

MRS. G. FISKEN.

SHORTBREAD QUAKER OATS

About ¾ lb. Quaker oats,
5 ozs. butter and
4 ozs. sugar.

Cream butter and sugar until soft and creamy; add oats and work with the hand. Roll into a strip about quarter of an inch thick, cut into fingers. Bake in a moderate oven till golden brown.

S.A.W.A.S.

PETIT FOUR

4 ozs. ground almonds,
4 ozs. castor sugar,
Flavouring,
1 white egg,
Cherry,
Angelica,
Silver or gold balls.

Pass almonds and sugar through sieve, add flavouring and sufficient stiffly beaten white of egg to make a stiff mixture (usually about one egg); place into bag with rose-pipe and pipe on to rice paper in fancy shapes; decorate with silver and gold balls and cherry and angelica. Allow to stand in a warm place for some hours. Bake in a moderate oven till a pale brown. When cold, break off the biscuits from the rice paper. Store in an air-tight tin.

S.A.W.A.S.

PARKIN BISCUITS

2 ozs. medium oat meal,
2 ozs. flour,
1½ ozs. sugar,
Blanched almonds,
1 oz. lard,
1½ ozs. syrup,
¼ egg,
¼ teaspoon ginger,
¼ teaspoon cinnamon,
½ teaspoon bi-carbonate soda.

Mix flour, sugar, oatmeal, and spices, rub in fat. Add bi-carbonate of soda, treacle and egg; mix well. Form into small balls, place apart on greased tin. Put half a blanched almond on top of each. Bake in moderately hot oven 20 to 30 minutes.

S.A.W.A.S.

NAPOLEON HATS

Hats: 2 ozs. butter, 2 ozs. sugar, ¼ lb. flour, ½ egg, pinch of baking powder.

ALMOND PASTE

1 oz. ground almonds,
2 ozs. icing sugar,
Egg to bind.

Cream butter and sugar, add beaten egg, sift in flour and baking powder; make very stiff roll out cut into rounds. Place a ball of almond paste in centre and fold up like a Napoleon hat. Bake in a moderate oven about twenty minutes. When cold, drop a little water icing on top of each.

Method for Almond Paste.—Mix almonds and sieved icing sugar to a very stiff paste with egg. Form into balls.

Water Icing.—Eight tablespoonfuls of sieved icing sugar, sufficient boiling water to make a stiff consistency. Add flavouring and colouring as desired.

S.A.W.A.S.

MATCHES

PUFF PASTRY

Royal Icing:

1 white egg,
¼ lb. sieved icing sugar (about),
Squeeze lemon juice.

Beat white of egg and icing sugar well. Add lemon juice: the consistency should be for spreading. Roll pastry out about ¼ inch thick. Cut into fingers, spread the top of each with the royal icing, taking care that only the top is covered. Bake in a moderate oven till well risen and a pale fawn colour. If liked, when cold, cut in two and spread with jam or pastry custard.

S.A.W.A.S.

MACAROON CHEESE CAKES

4 ozs. puff pastry,
Little jam,
3 ozs. ground almonds,
3 ozs. sugar,
1 tablespoonful rice flour,
White of 1 egg and
Flavouring.

Make pastry in usual way. Roll out, cut into rounds, line patty tins, put a very little jam on bottom of each. Mix ground almonds, sugar, rice flour, and flavouring; add stiffly beaten white of egg. Half fill each patty tin; bake in a moderate oven for about thirty minutes.

S.A.W.A.S.

FRENCH BREAD FOR SANDWICH FINGERS

½ lb. flour,
½ oz. yeast,
½ teaspoon sugar,
1 oz. fat,
Warm milk and egg, if liked,
½ teaspoonful salt.

Mix flour and salt, rub in the fat, cream yeast with sugar, add to it half a teacupful warm milk. Make well in centre of flour and pour in yeast, etc.; allow to sponge through, mix to a light dough with warm milk. Knead and allow to rise in a warm place until double the size; knead form into fancy shapes. Prove on a greased tin in warm place, about thirty minutes, brush with egg. Bake in a hot oven.

S.A.W.A.S.

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RICH SEED AND ALMOND CAKE

10 ozs. flour,
4 ozs. almonds,
½ lb. castor sugar,
¼ (flat) teaspoonful bi-carbonate soda,
1½ dessertspoons carraway seeds,
1 teaspoonful cream of tartar,
7 ozs. vegetable fat,
2 eggs,
Milk.

Grease and prepare a cake tin in the usual way, sieve the flour, bi-carbonate of soda, and the cream of tartar together. Blanche and chop up 2 ozs. of the almonds, keeping the remainder for decorating top of cake. Whisk the eggs well, beat the fat and sugar to a cream; gradually stir the flour, etc., chopped almonds and carraway, seeds into the creamed fat and sugar alternately with the eggs and some milk as required. Mix altogether and beat well. Blanche the remainder of the almonds and shred them finely. Turn the mixture into a cake tin. Sprinkle the almonds generously on the top of the cake. Put into a moderately hot oven to bake for about one hour and a half, lessening the heat as required.

MRS. DRURY.

COCONUT MACAROONS

½ lb. flour,
2 ozs. sugar,
½ teaspoonful baking powder,
¼ lb. butter.

Mix with beaten yolks of two eggs and very little milk. Turn out on board and roll out thinly. Cut into rounds and line patty tins, greased. Put a very little jelly in each. In a separate bowl, beat the two whites of eggs well, to which add 4 ozs. each of sugar and dessicated cocoanut. Mix well and put a spoonful in each macaroon. Bake in a moderate oven for about fifteen minutes. This makes about twenty macaroons.

MARGARET M. CRAWFORD.

GOLDEN CAKE

½ lb. butter,
½ lb. sugar,
4 eggs,
½ lb. flour,
1 small teaspoonful baking powder,
1 or 2 tablespoons milk.

Beat eggs and sugar until thick, about 15 or 20 minutes. Stir in the butter warmed and soft, but not oily. Mix well. Add the flour, mixed with the baking powder. Lastly one or two tablespoons milk. Line a cake tin with buttered paper and bake in moderate oven about 40 to 45 minutes.

ANONYMOUS.

LAYER CAKE

4 eggs,
¼ lb. butter,
2 teaspoons baking powder,
1 cup sugar,
1½ cups flour.

Rub in sugar and butter, add yolks of eggs, beat up whites, and then add flour and baking powder. Bake in two tins.

MRS. C. FRIEDMAN.

AUSTRALIAN NUTS

½ cup sugar,
1 egg,
¼ lb. butter,
A little cinnamon,
1 cup walnuts (finely chopped),
1 cup dates (finely cut up),
1½ to 2 cups flour,
½ teaspoon bi-carbonate soda,

Cream butter and sugar, add beaten egg, then add walnuts and dates, mix well. Sift in flour and cinnamon, pour about teaspoonful boiling water on bi-carbonate of soda, and when cool add to mixture, which should be fairly stiff. Place small heaps of cake mixture on buttered tray. Bake in quick oven. Spoonfuls of mixture may be rolled in crushed post toasties before being placed on tray.

H. BUYSKES.

SHORTBREAD

2 lbs plain flour,
1 lb. best butter,
½ lb. castor sugar.

(An improvement is to substitute 2 ozs. of the flour with 2 ozs. of ground rice or ground almonds.)

Mix all above ingredients in a bowl very thoroughly with the hands until the consistency is such that it leaves the sides of the bowl clean. Divide into three and press into ungreased tins, round sandwich tins or otherwise. Prick lightly with a fork and also mark lightly into desired pieces. Bake in a moderate oven, or rather slow oven, for about one hour or little more until very pale brown. Leave in the tins until hard, then divide into the sections and store in an airtight tin.

MISS WATKINS.

RUGENKUCHEN

½ lb butter,
½ lb. sugar,
½ lb. flour,
3 eggs,
Rind 1 lemon,
A good pinch ground cloves,
The same of cinnamon,
3 tablespoons rum or brandy,
1 teaspoonful baking powder,
Cherries or chopped blanched almonds may be added.

Cream butter and sugar, add beaten eggs and flour alternately, then all other ingredients. Bake in a moderate oven about 400 degrees for about one hour.

MRS. J. LEVENBERG.

QUICK DATE CAKE

1¾ cups flour,
¼ cup soft butter,
1½ cups brown sugar,
3 teaspoons baking powder,
½ teaspoon cinnamon,
½ teaspoon grated nutmeg,
½ lb. stoned dates (cut up),
2 eggs,
½ cup milk.

Beat together with wooden spoon for three minutes. Bake in greased tin forty minutes.

MRS. SILVERMAN.

MARBLE CAKE

3 eggs,
¼ lb. butter,
½ lb sugar,
½ cup milk,
½ lb. flour,
1 teaspoon baking powder,
1 tablespoon cocoa,
Little vanilla.

Mix yolks, butter and sugar well together. Stir in gradually flour and milk. Beat up whites to a stiff froth. Add to mixture, then baking powder and vanilla. Butter a cake tin, put a third at the bottom. A third mix with cocoa and a little sugar, for centre layer. Put remaining third on top. Bake nearly one hour.

MRS. MARGARET HARRIS.

FRUIT CAKE

½ lb. mixed peel,
½ lb. cherries,
Handful sultanas,
1 lb. self-raising flour,
1 cup sugar,
1 cup milk,
4 eggs,
Flavouring.
½ lb. butter.

Cream butter and sugar, beat each egg in separately, add milk and flavouring and half flour. Half flour rub into the fruit, then add all to the mixture.

MRS. FRIEDMAN.

LAYER CAKE

Whisk two eggs for a few minutes, then add 4 ozs. sugar, whisk well, add 4 ozs. flour, melt one tablespoon butter (heaped or level) in a third of a cup of boiling water and add to mixture. Stir till smooth. Add half teaspoon salt, 1 heaped teaspoon baking powder. Spread mixture in two layer tins and bake in moderate oven for about twenty minutes.

MRS. J. A. PITT.

Apple Filling for above:

3 tart apples,
Rind and juice of 1 lemon,
1 egg,
And 1 cup sugar.

Peel and grate apples, add lemon juice and rind, stir in egg, which has been beaten well, and lastly add sugar. Cook mixture in double boiler or in pot of boiling water until thick. Spread over layers of cake.

NUT CAKE

6 eggs, 1 tablespoon bread-crumbs,
6 ozs. castor sugar,
1 tablespoon brandy,
½ lb. minced hazel nuts or 6 ozs. ground almonds.

Beat up yolks and sugar well, mix in all else, beat up whites very stiffly, fold into mixture.

MRS. FRIEDMAN.

DELICIOUS FRUIT ROLL

¼ lb. melted butter,
1¼ cups flour,
2 heaped teaspoons baking powder,
1 teaspoon salt,
2 eggs,
¾ cup mixed ground nuts,
¾ cup raisins or sultanas,
¾ cup jam,
1 teaspoon cinnamon,
1 heaped tablespoon sugar.

Beat eggs with three tablespoons melted butter, add flour, baking powder and salt. Knead well and roll out to thin sheet. Spread dough with a little melted butter, sprinkle over fruit and nuts, roll like for jam roll, place in a well-buttered dish, pour over remaining butter, bake one hour in medium oven, cut when cool.

MRS. SILVERMAN.

ILFORD APPLE CAKE

Make a cake mixture: 2 eggs, their weight in flour, castor sugar, butter, 2 teaspoons baking powder, cook 2 lbs. apples in a little water, sugar to taste. Place in a greased pie dish and while hot spread cake mixture on top. Cook in a moderate oven for twenty minutes.

MRS. W. LEDINGHAM.

MRS. HILL'S ECONOMICAL CAKE

1 cup flour,
1 cup sugar,
1 tablespoon butter,
4 tablespoons water,
1 large teaspoon baking powder,
1 pinch salt,
3 eggs.

Beat the eggs and sugar for ten minutes, boil the water and butter, fold the flour into the sugar and eggs, sprinkle with baking powder, then pour on hot water and butter and stir. Bake in two sandwich tins for 15 to 20 minutes in a moderately hot oven. Any filling may be used.

MISS L. GORDON.

NUTETTES

6 ozs. butter,
¼ lb. chopped walnuts,
3 egg whites,
3 tablespoons castor sugar,
6 ozs. flour,
3 ozs. cocoanut,
2¼ cups Government sugar,
A little melted butter,
Sifted icing sugar as required.
3 egg yolks.

Beat butter to cream, stir in castor sugar, beat well. Sift flour into it. Knead well. Pack into oblong tin, brush with melted butter. Bake in rather hot oven quarter of an hour, to a pale brown. Beat egg yolks with brown sugar, add walnuts and cocoanut, beat whites stiff, add lightly to mixture, pour over the cake, bake in moderate oven for 30 to 45 minutes. Remove from oven and cut into small squares. Dust with icing sugar. Makes about two dozen squares.

MRS. HARTLEY.

ALMOND CAKE

6 eggs,
½ lb. ground almonds,
½ lb. Castor sugar,
1 teaspoon baking powder.

Mix sugar and yolks of eggs, then add ground almonds and baking powder. Lastly the egg whites well beaten. Bake 400 degrees. Don't open the oven for thirty minutes, when the cake should be nearly done.

MRS. B. DE SMIDT.

ONE, TWO, THREE, FOUR CAKE

1 cup butter,
2 cups sugar,
3 cups flour,
pinch salt,
4 eggs,
1 cup milk,
3 teaspoons baking powder.

Beat butter and sugar together, add eggs, add sifted flour, salt and baking powder and milk. Add any flavouring or fruit if liked—example, carraway seeds or raisins, sultanas, preserved ginger, cherries, etc. Put into tin and bake in a moderate oven 1 to 1½ hours.

MRS. HOAL.

Serve your Meals as Tastefully as you Cook them!

A good Dinner Service enhances any meal. Wise hostesses know this. Many also realise that fine quality Crockery is moderately priced at Findlays, where a wide selection awaits your cordially-invited inspection.

GEO FINDLAY & CO LTD

SERVING SOUTH AFRICA SINCE 1813

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Head Office & Sanitaryware Showrooms in Commercial St.

PLAIN FRUIT CAKE

12 ozs. flour,
5 ozs. butter,
2 ozs. sultanas,
2 eggs,
6 ozs. sugar.
2 ozs. currants,
1 oz. mixed peel,
1 teaspoon baking powder.
Milk.

Beat butter and sugar to a cream, add eggs and beat well for five minutes. Add flour and baking powder well mixed. Sufficient milk to make soft mixture. Add fruit and mix well. Cake tin to be greased and lined with butter paper. Bake in moderate oven for about 75 minutes. MRS. G. FISKEN.

WALNUT SPONGE CAKE

3 eggs,
4 oz. sugar.
3½ oz. flour.
Pinch baking powder,
1½ oz. finely chopped walnuts.

Whisk eggs and sugar till thick. Fold lightly in the sifted flour, baking powder and finely chopped walnuts. Turn into prepared tin. Bake in moderate oven 30 to 50 minutes.
S.A.W.A.S.

DUNDEE CAKE

6 oz. butter,
6 oz. sugar,
8 ozs. flour.
½ teaspoonful baking powder.
1 oz. almonds.
3 eggs,
1 oz. peel.
2½ ozs. currants,
2½ ozs. raisins.
2 ozs. sultanas.

Cream butter and sugar, add beaten eggs slowly, sift in flour and baking powder. Mix well. Add prepared fruit. Turn into prepared cake tin, sprinkle with blanched almonds. Bake in a moderate oven about 1½ hours. S.A.W.A.S.

HOME-MADE BAKING POWDER

2 ozs. bi-carbonate soda,
4 ozs. cream of tartar,
6 ozs. rice flour.

Sieve these ingredients together. Mix very thoroughly and store in covered tins S.A.W.A.S.

ICED SPONGE CAKE

Sponge Cake:
3 eggs,
4 ozs. sugar.
3½ ozs. flour,
Pinch of baking powder.

Vienna Icing:
4 ozs. butter,
6 ozs. icing sugar,
Flavouring.

Decoration:
Colouring,
Browned cocoanut.

Whisk eggs and sugar till thick, fold in the sifted flour and baking powder, bake in moderate oven about thirty minutes. Cream the butter and sieved icing sugar. Divide into two. Add to one half 1½ teaspoons coffee essence and the other a few drops carmine. Spread round the sides of sponge when cold with the icing. Roll in browned cocoanut or chopped almonds. Spread top of cake with icing and mark in four with a knife. Place the pink icing into a bag and pipe, also the coffee icing into a bag and pipe. Pipe into two of the divisions the coffee icing, and into the other two pink icing.

S.A.W.A.S.

SNOWBALLS

Foundation:

6 ozs. ground almonds,
8 ozs. Castor sugar,
2 ozs. Cake crumbs,
Egg to mix,
Royal icing,
Thread cocoanut,
Blanched shredded almonds.

Mix almonds, sugar and cake crumbs. Add sufficient egg to make a very stiff paste. Form into balls, dip in very thin Royal icing, toss some in cocoanut and some in shredded almonds. Place on to rice paper on tins, stand in warm place overnight. Bake in a cool oven till set. About fifteen minutes.

S.A.W.A.S.

MACAROON CAKE

¼ lb. butter,
½ lb. sugar.

Beat well together and beat in 3 egg yolks, ½ cup milk, 2 teaspoons baking powder sifted in one cup flour. On top of above mixture spread three egg whites beaten stiff, ½ cup sugar, 1 cup cocoanut, folded into well-beaten egg whites. Spread on top and bake.

MRS. MEYER RAUBENHEIMER.

NUTTY SNACKS

1½ cups flour,
3 ozs. butter,
¼ cup yellow sugar,
2 egg yolks,
1 teaspoonful baking powder,
Vanilla essence.

Mix like large cakes, only stiffer. Put in pan with hand and press down, then put meringue on top and bake for about twenty minutes.

Meringue: Whites of 2 eggs (well whisked), then add a cup of yellow sugar, cup of walnuts (chopped).

MRS. MEYER RAUBENHEIMER.

WALNUT CAKE

8 ozs. self raising flour,
6 ozs. sugar,
6 ozs. butter,
3 eggs,
2 ozs. walnuts,
2 tablespoonfuls milk,
Vanilla essence.

Cream butter and sugar together and beat in the eggs one at a time, adding a tablespoonful flour with each egg. Beat thoroughly and add chopped walnuts and vanilla essence. Lastly, stir in lightly the rest of the flour.

Walnut Filling: 2 ozs. butter, ½ oz. chopped walnuts, 3 ozs. icing sugar, little lemon juice.

MRS. MEYER RAUBENHEIMER.

OBLIETJIES

2 lbs. meel,
5 eiers goed geklits,
1½ lbs. suiker,
1½ lb. botter,
1 glas sherrie,
1 teelepel fyn kaneel.

Meng alles goed, neem klontjies so groot as 'n okkerneut; bak vinnig een vir een in 'n oblietjie pan. Rol op warm.

MRS. MEYER RAUBENHEIMER.

DELICIOUS ECONOMICAL NUT LOAF

¾ cups yellow sugar,
2 cups flour,
1 cup stoned raisins or dates,
½ cup chopped walnuts,
1 teaspoon baking powder,
1 teaspoon soda,
1 egg,
1 tablespoon butter,
Pinch of salt.

Place dates or raisins in basin, sprinkle over the soda, then pour over a cup of boiling water. Keep on side of stove to remain warm. Cream butter and sugar, then add egg, walnuts, the warm mixture and flour, to which add baking powder. Bake in a bread loaf tin.

MRS. MEYER RAUBENHEIMER.

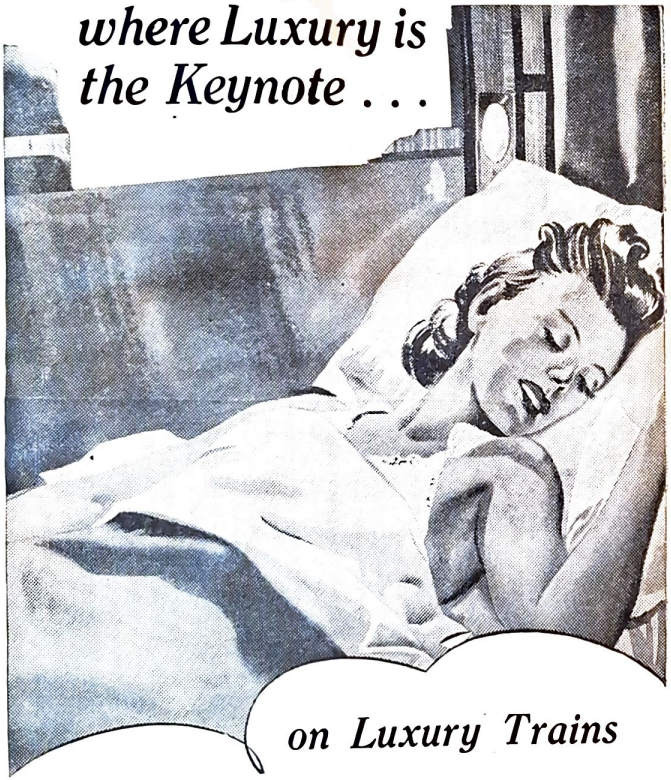
APPLE CAKE

7 or 8 apples,
¼ lb. butter,
¼ lb. sugar,
8 cloves,
2 eggs,
Almonds.
Currants.

Stew apples with butter, sugar and a little water for one hour. When brown, add a handful of currants, let it boil till tender, take off fire and let it cool. Add a little brandy, line mould with short crust, and put in filling and strew chopped almonds on top.

MRS. MEYER RAUBENHEIMER.

where Luxury is the Keynote . . .



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PURE NEW WOOL BLANKETS

OBTAINABLE ANYWHERE IN AFRICA—SOUTH OF THE EQUATOR

QUEEN CAKES

(Favourite Recipe of Field-Marshal J. C. Smuts.)

2 ozs. butter,
½ cup sugar,
Small cup flour,
2 ozs. currants,
2 ozs. sultanas,
Few pieces candied peel,
1 large egg,
1 teaspoon baking powder,
Milk to mix.

Cream butter and sugar, add egg (well beaten). (N.B.—If making several times the quantity, add a little flour with each egg.) Add fruit and lastly the flour, which has been sieved with the baking powder. Use milk to make it the right consistency.

MRS. J. C. SMUTS.

ORANGE CAKE

½ lb. flour,
½ lb. sugar,
¼ lb. butter,
4 eggs,
2 teaspoons Royal Baking Powder,
Juice of 2 oranges and rind of 1.

Cream butter and sugar, add beaten yolks, flour, orange juice, grated rind, baking powder, and whites of eggs (well beaten). Bake in two buttered sandwich tins in a moderate oven.

Filling: Icing sugar, butter, orange juice or granadilla, and cream (whipped).

MRS. K. BOSMAN.

SHORTCRUST AND DATE CAKE

5 tablespoons flour,
2 tablespoons sugar,
2 tablespoons butter,
Yolk of 1 egg.

To be creamed together. No water or milk should be added.

Filling:

¼ lb. dates,
2 oz. sugar.

To be boiled in one cup of water. Then add one teaspoon butter and one teaspoon lemon juice. Serve with whipped cream and grated walnuts.

ANONYMOUS.

INVALID COOKERY

"The destiny of nations depends on their diet."

BARLEY WATER

2 ozs. Pearl Barley,
1 pint water,
Little lemon juice,
Sugar to taste.

Scald the barley, place in a double pan or jam-jar, steam two to three hours, strain the liquid, add lemon and sugar to taste.

S.A.W.A.S.

COFFEE

3 tablespoonfuls coffee,
½ pint water,
Shell of 1 egg, if liked.

Heat pan, take off fire, and quickly put in coffee; put on lid and shake coffee in hot pan (off the fire); add cold water and crushed shell, allow to rise and fall three times; place on lid and keep in a warm place twenty minutes; strain, reheat.

N.B.—If liked, vanilla can be served separately with coffee.

S.A.W.A.S.

CUP ARROWROOT

½ teaspoonful arrowroot,
½ pint milk,
¼ oz. butter,
Sugar to taste.

Put arrowroot and butter in pan, add milk slowly, stir till boiling, add sugar, cook slowly three or four minutes. Serve hot.

S.A.W.A.S.

CHOCOLATE MILK JELLY

½ pint milk,
½ oz. chocolate,
¼ oz. sugar,
½ oz. gelatine,
Little vanilla.

Put the chocolate, milk, and gelatine into the pan and bring almost to boiling point; add the sugar and vanilla when slightly cool. Mould; when set, dip in warm water and turn out.

S.A.W.A.S.

INVALID JELLY

2 lemons,
1 orange,
½ oz. gelatine,
½ pint water,
¼ pint rind and juice from fruit,
5 ozs. sugar,
2 fresh eggs.

Wash lemons and orange, grate rind into measure, and add juice; if not the ¼ pint, fill up with water. Place into a lined pan all ingredients except eggs, bring slowly to the boil, cool slightly, pour slowly on to the beaten eggs, whisking well. Strain through muslin, mould, and when quite set, dip in warm water and turn out.

S.A.W.A.S.

LEMONADE

2 lemons,
1 pint water,
about 3 ozs. sugar.

Wash lemons, peel rind very thinly, put into pan with water, bring to the boil, pour over the sugar and lemon juice; cover; cool.

S.A.W.A.S.

LEMON OR ORANGE SYRUP

3 breakfastcups of boiling water,
3 oranges,
3 lemons or all oranges or all lemons,
2 lb. lump sugar,
1 oz. citric acid,
1 oz. tartaric acid,
1 oz. Epsom salts.

Acids and salts to be dissolved in one breakfastcup of boiling water. Use grated rind of one orange and one lemon only and juice from all fruit.

S.A.W.A.S.

INVALID FRUIT TART

1 small sponge cake,
1 egg,
1 teaspoonful Castor sugar.
1 gill milk,
1 large apple,
2 tablespoonfuls water,
1 dessertspoon sugar.

Wash, peel and slice the apple, removing core. Put into a pan with the water and sugar, and cook till tender. Beat the apple smooth, and put it at the bottom of a greased pie-dish. Cut the sponge cake into thin slices, and place these on the stewed apple. Beat up the egg, add the teaspoonful of castor sugar and the milk, and strain over the sponge cake. Let the pudding stand for a few minutes, then bake in a moderate oven for about twenty minutes until the custard is set.

S.A.W.A.S.

MUTTON BROTH

1 lb. neck or knuckle of mutton,
1 dessertspoonful whole rice,
2 pints cold water,
1 teaspoonful chopped parsley,
1 teaspoonful salt.

Wipe the meat with a damp cloth, remove skin and fat, and cut the meat in small pieces. Remove the marrow from the bone, and put the bone with the meat, water, and salt into a clean, lined pan. Bring it slowly to the boil, and remove all scum carefully. Simmer from two to three hours, skimming occasionally; then strain it through a fine strainer. When cold, remove all fat from the top, return the soup to a lined pan, and add to it the rice. Cook this for about twenty minutes and at the last add the parsley. S.A.W.A.S.

EGG FLIP

1 white of egg, 1 gill hot milk.
1 teasponful Castor sugar.

Beat the white of egg until frothy, but not stiff, add the sugar and hot milk to it; stir well together and serve.

S.A.W.A.S.

ALBUMEN WATER

¼ pint water, 1 teaspoonful Brandy (if liked).
1 white egg,
1 teaspoonful sugar,

Whisk the white stiffly, add sugar and brandy to taste. Place into a jar or wide-necked bottle; shake well. Pour into a glass. Serve with a plain biscuit. S.A..W.AS.

BEEF-TEA
(ORDINARY METHOD)

½ lb. lean, juicy beef, Salt, if allowed.
½ pint water,

Remove all the skin and fat from the beef, and wipe thoroughly; then shred finely, and put it into a thick jar with the cold water, and a pinch of salt, if allowed. Cover tightly with a lid or greased paper; let it stand half-an-hour. Stir up well, and place the jar (still covered) in a pan of cold water (to come half-way up the jar). Bring slowly to the boil, and cook gently for two or three hours. Strain and remove any fat floating on it by passing small pieces of kitchen paper or blotting paper lightly over it. If not wanted immediately, let it cool, and warm as much as is wanted at a time, as beef-tea spoils when kept warm. Keep with lid off jar. Newly killed beef is the best for beef-tea, as it contains more juice than beef that has been kept. After straining the beef-tea, the beef may be added to the stockpot. Prepare beef-tea in small quantities, not more than will be required for one day.

QUICKLY-MADE BEEF-TEA

Use the same proportions and prepare beef as above. Allow to stand for as long as time permits, pressing it frequently. Then turn it into a rinsed pan, and heat gently until the liquid turns brown and the meat has a white appearance. Stir all the time, and do not let it boil. Strain through a coarse strainer, remove any fat, and use as required.

Note.—If beef-tea is boiled, the albumin is hardened and rendered useless. S.A.W.A.S.

RAW BEEF-TEA

2 ozs. lean, juicy beef, 1 gill water.

Prepare the beef as before, let it stand for half-an-hour, then strain off the liquid and serve it. It should be made fresh each time it is wanted, as it soon becomes putrid. Raw beef-tea is sometimes given during teething, dysentery and typhoid fever, but should not be given without a doctor's orders. Raw beef-tea should, if possible, be given in a covered cup (or coloured glass), as the appearance is not attractive. S.A.W.A.S.

COCKTAILS

"Empty barrels make the most noise."

CLOVER CLUB

⅔ Gin,
⅓ lemon juice,
1 dash grenadine,
1 white of egg,
Ice.

S.A.W.A.S.

TOM COLLINS

1 part Dry Gin,
4 dashes lemon juice,
1 teaspoon powdered sugar,
Soda water,
Ice.

S.A.W.A.S.

LAW'S COCKTAIL

Yolk of 1 egg,
1 teaspoon sugar syrup,
⅓ Brandy.
⅓ Port,
Ice.

S.A.W.A.S.

FRUIT COCKTAIL

2 ozs. grapes,
The pulp of 1 grape fruit or of 2 oranges,
1 gill of pineapple syrup,
Lemon juice,
2 ozs. tinned pineapple in dice,
A few glace cherries.

Wipe and bruise the grapes, add fruit pulp, and press through a hair sieve. Add lemon juice, syrup, and sweeten if necessary. Add dice of pineapple and cherries cut in small pieces. Chill, and serve in glasses.

S.A.W.A.S.

TOMATO COCKTAIL

1 gill tomato pulp,
1 tablespoonful white vinegar,
1 dessertspoonful sugar,
Small piece of bay leaf,
1 teaspoonful grated onion,
1 tablespoonful lemon juice,
1 stick of celery.

Prepare celery and cut in small pieces. Mix all the ingredients, and allow to stand for fifteen minutes. Then strain through muslin. Chill, and serve in small glasses.

S.A.W.A.S.

MENUS FOR ONE WEEK

A few Representative Menus for Dinners:—

SUNDAY

Roast Loin of Lamb ⊡ *Braised Onions* ⊡ *Baked Squashes*
Potatoes ⊡ *Creamed Spinach*
Apple Tart

MONDAY

Green Pea Soup ⊡ *Fricassee of Veal* ⊡ *Cabbage*
Carrots ⊡ *Mashed Potatoes*
Steamed Sultana Pudding

TUESDAY

Beef Steak & Kidney Pie ⊡ *Potatoes baked in Jackets*
French Beans
Honeycomb Mould ⊡ *Fruit Salad*

WEDNESDAY

Roast Beef ⊡ *Yorkshire Pudding* ⊡ *Baked Potatoes*
Spinach or Cabbage
Banana Fritters

THURSDAY

Lentil Soup ⊡ *Cold Meat* ⊡ *Salad*
Steamed Syrup Sponge Pudding

FRIDAY

White Vegetable Soup ⊡ *Baked Stuffed Fish* ⊡ *Anchovy Sauce*
Baked Chocolate Pudding

SATURDAY

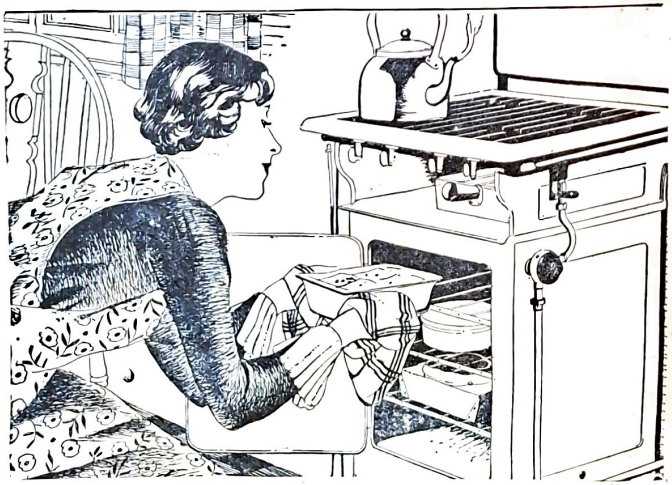
Beef & Ham Mould ⊡ *Ox Tongue* ⊡ *Salad*
Pumpkin Pie and Custard or Cream

GO FOR A WALK WHILE THE DINNER COOKS

With the new gas cookers, you simply put *all* the dinner in at a quarter to six—fish joint, vegetables and sweet. Set the dial of the oven heat control and leave it. No need to "see how it's getting on." Go back home at 7 o'clock and there's your dinner . . . correctly cooked . . . ready to serve.

Remember, too, that a gas stove gives you *direct* heat immediately —no waiting. Call and see the new models.

The Cape Town and District Gas Light and Coke Co Ltd.. 2. Long Street. Cape Town



GAS NEVER LETS YOU DOWN

SUPPORT OUR NATIONAL WAR FUND.

Typical Family Dinner from the New Gas Cookery Book

SAVOURY PORK CHOPS, APPLE SAUCE (or MUTTON CHOPS and BAKED TOMATOES), CREAMED POTATOES, GOLDEN PUDDING.

REGULO SETTING MARK 7.
TIME 45 MINUTES.

The whole dinner is placed in the hot oven, is cooked without any attention, and is withdrawn at the end of the specified time ready for serving, with the exception of the Sweet or Savoury, which may be left in the oven with the "Regulo" setting lowered to finish cooking or to keep hot as necessary.

SAVOURY PORK CHOPS.

4 pork chops.
1 lb. onions.
2 teaspoons sage.
½ teaspoon salt.
¼ teaspoon pepper.
2 ozs. breadcrumbs.

Place the chops close together in a baking tin. Peel and cut the onions into quarters, drop into boiling water containing a little salt, parboil for 15 minutes; drain, chop up, add sage, salt, pepper and breadcrumbs. Mix well, then spread over chops.

APPLE SAUCE.

1 lb. apples.
2 to 3 ozs. sugar.
1 oz. butter or margarine.

Peel and cut up the apples and place in a greased fireproof dish. Add sugar and butter. Cover with a lid. Beat up with a fork before serving.

(In place of pork chops, mutton chops—½ lb. each—can be used. Omit onions and smear chops with dripping, place potatoes cut in quarters round and brush with fat. Baked tomatoes are then included in place of apple sauce.)

CREAMED POTATOES.

1½ lbs. potatoes.
½ pint milk.
Pepper and salt.

Cut the potatoes into ¼-inch slices, put in a small pan or casserole, season with salt and pepper, add the milk, and bring to boiling point. Cover the pan with a closely-fitting lid and place in the oven. Pour off the milk and mash the potatoes with a fork before serving.

GOLDEN PUDDING.

4 ozs. treacle.
2 tablespoons water.
4 ozs. butter or margarine.
4 ozs. sugar.
2 eggs.
4 ozs. flour.
½ teaspoon baking powder.

Mix the treacle with the water and put into a well-greased fireproof basin. Beat together the butter and sugar. Add the eggs one at a time and beat until the mixture is stiff and uniform. Stir in the sifted flour and baking powder. Put the mixture over thte treacle and cover thte basin with a greased paper.

Name of Dish.	Position in Oven. 8 or 9 Runners.
Savoury Pork Chops..	3rd
Golden Pudding and Apple Sauce	
Creamed Potatoes	6th Bottomplate
Alternative or Extra Dishes.	
Garden Peas	,,
Steamed Castle Puddings	6th (in cups)
Stewed Brackberries (Hot Syrup Method)	6th Bottomplate
Baked Custard	

MISCELLANEOUS HOUSEHOLD HINTS

"A stitch in time saves nine."

KEEPING INCUBATOR CHICKS WARM

Place a large feather duster in the sleeping box of chickens that have been incubated. The chicks will creep in and out of the feathers and be kept perfectly warm.

This is much more satisfactory than covering them with heavy woollen cloths. MRS. LEDINGHAM.

WHEN A SAUCEPAN GETS BURNED

Cover the bottom with olive oil and heat gently. The burn marks can then be removed easily.

STARCH

Water in which rice has been boiled makes excellent starch for articles which require only slight stiffening.

GLASS DISH

A wet cloth placed under a glass dish will prevent it cracking when anything hot is poured in.

PICTURES SLIPPING

Hanging on the straight.—If pictures won't hang straight on the wall, cut a strip of sandpaper about half-an-inch wide and glue the smooth side to the back of the picture frame near the lower edge. The rough surface of the sandpaper will grip the wall and prevent the pictures slipping.

COTTON KNOTTING AND TWISTING

To prevent cotton knotting and twisting while in use, thread your needle into the actual end of the cotton, not the end you break off the reel, and it will not tangle. With silk thread, it is just the opposite; thread your needle with the end that is broken off the reel.

DARNING

When darning, always leave a small loop at the end of each line to allow for shrinking of the mending wool.

LETTUCE

Lemon juice—lettuce and parsley. Lemon juice added to soaking water for lettuce and parsley will make these very crisp.

BATH

Every time the bath is used, take some ordinary fine oatmeal from the kitchen and fill a little muslin bag with this and drop the oatmeal bag into the water. Leave it to soak for a few minutes, then squeeze it several times. This softens the water is good for your skin, and effectually prevents those unsightly tide marks on the bath side.

ENAMEL UTENSILS

These should not be washed in cold water when taken from the oven. Cold water tends to make the hot enamel crack and chip. Fill the dishes with hot water and allow it to cool in them.

TEA AND COFFEE STAINS

The water in which potatoes are boiled makes an excellent solution for removing tea and coffee stains from tablecloths. Soak the stained parts in the potato water for half-an-hour, then wash out in the usual way.

GREASE SPOTS

These can be removed from wallpaper with blotting paper and a hot iron. Change the position of the blotting paper as it absorbs the grease.

TO KILL FLIES

Here is an excellent method of dealing with the fly pest:—Mix well together half a teaspoonful of black pepper in powder, teaspoonful of brown sugar, and one tablespoonful of cream. Place this in the room where the flies are troublesome and they will soon disappear.

MOSQUITOES

These can be driven out of a room by holding over a lamp or gas jet a piece of camphor, about the size of a walnut.

UPHOLSTERY

French chalk is excellent for removing greasy patches which appear on arms and backs of upholstered chairs and settees. Spread the chalk thickly on the patches, leave on for half an hour, then brush out with a stiff brush. Dust and grease will come out with the powder.

HEAT MARKS

A table can be ruined by heat marks made by standing a hot plate or dish on it without a mat underneath. These can be cured, however, if the table is well rubbed every day with linseed oil (used sparingly). The disfiguring marks will gradually fade out.

SCRATCHED FURNITURE

A bad scratch on furniture shows up terribly. Take a camel-hair brush and a little linseed oil; dip the brush in the oil and apply it carefully into the raw part of the scratch. Do this every day for a week and you will see how the wood darkens until you find that when a little polish has been applied the scratch is hardly visible.

A BROOM HINT

If you have a broom that has become very crushed, you can raise the crushed bristles and very much lengthen the life of the broom by holding the bristles in the steam from a boiling kettle, withdrawing now and again to rub them with your hand.

SHINY SUITS

A shiny appearance will sadly spoil the look of a suit or costume which is otherwise quite good. Here is an easy way to remove the stains: Add a tablespoonful of vinegar and a tablespoonful of liquid ammonia to half a pint of hot water. Sponge all the shiny and rubbed parts with this mixture, then press with a hot iron over a damp cloth.

CHROMIUM PLATE

Rub chromium plate over with a piece of silver paper and you will be surprised how it takes out all the dirty marks and leaves a beautiful polished surface.

—With acknowledgments to "Lennon's S.A. Family Almanack."

COOKERY HINTS

"If you know a good thing, pass it on."

TO DRY MINT

Wash, shake, tie in bundles, hang up to dry, sieve and bottle.

TO DRY PARSLEY

Pick and wash parsley, place on a sheet of paper, and dry in a very slow oven or on the rack till quite crisp, but not discoloured; rub through a sieve, bottle, and cover. Green bottles are best, preserves colour of parsley. S.A.W.A.S.

VEAL FORCEMEAT

3 ozs. breadcrumbs,
1 oz. suet,
2 teaspoonfuls chopped parsley,
Seasoning,
¼ teaspoonful herbs.

Mix all together, add sufficient egg or stock to bind.
S.A.W.A.S.

SALTED ALMONDS

1 lb. Jordan almonds,
2½ ozs. butter or 4 tablespoonfuls oil,
Salt (Cerebos),
Pepper.

Blanch almonds, dry in a warm place overnight, fry very slowly in the butter or oil, keeping them in motion all the time. Drain in a towel or paper, quickly toss in salt and pepper; when cold, store in bottles. S.A.W.A.S.

SAGE AND ONION STUFFING

2 onions,
1½ ozs. breadcrumbs,
1 oz. butter,
1 teaspoonful sago,
Seasoning,
A little egg or stock to bind.

Boil the onions, chop finely; add breadcrumbs, seasoning sage and melted butter; add sufficient egg or stock to bind; use as stuffing. If to be served separately, place into a pan and reheat. S.A.W.A.S.

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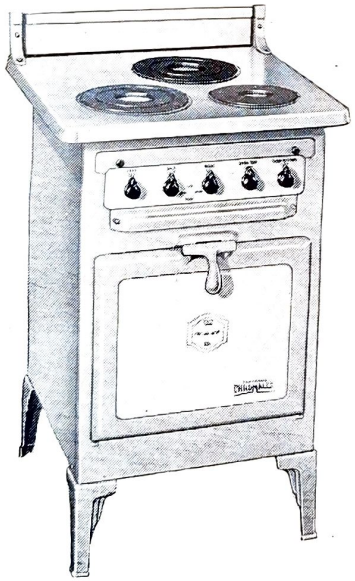

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CREAM SUBSTITUTE

2 ozs. cornflour,
1 pint water,
12 ozs. sugar,
1¼ lbs. butter.

Heat water, pour over blended cornflour, and stir till boiling. Cream butter and sugar, add to the cold cornflour mixture, beat up and flavour.

S.A.W.A.S.

ECONOMICAL CREAM

1 cup of cream,
½ cup cold water.

Beat up together very well and add sugar, etc., to taste.

MRS. MARGARET HARRIS.

ECONOMY FRYING BATTER

2 tablespoons of flour,
1 flat saltspoon bi-carbonate of soda,
1 teaspoonful vinegar,
1 pinch of salt.

Mix into smooth batter with water. Dry food to be fried and you have a nice crisp and greaseless batter.

MRS. BIESMAN SIMONS.

TO STORE A CAKE

The best way to store an iced and decorated cake in a tin is to stand the cake on the lid and put the tin over it. This saves putting your hands down into the tin and so damaging the iced sides and decorations as you lift it out.

MRS. W. LEDINGHAM.

TO BROWN COCONUT

Put coconut in a dripping-tin and place under grill, stirring well; or bake in oven, stirring frequently till a nice golden brown. Cool and place in jars.

S.A.W.A.S.

TO COLOUR SUGAR OR COCONUT

Put some sugar or coconut in a paper, add a drop or two of carmine, and rub the coconut or sugar well between the fingers till it is a nice even pink colour. Dry and store in bottles.

S.A.W.A.S.

CHESTNUT FORCEMEAT

½ lb. chestnuts,
2 ozs. butter,
¼ lb. sausage meat,
2 ozs. breadcrumbs,
½ teaspoonful herbs,
Seasoning.

Slit the skin of chestnuts and place in tin in oven till the skins are dry and brittle. Remove skins, pass chestnuts through a mincing machine with the bread; mix with the sausage meat, seasoning, and herbs; add melted butter. (N.B.—Instead of placing chestnuts in oven, they can be stewed in a little stock.

S.A.W.A.S.

USEFUL HINTS

A pinch of salt added to the white of an egg will help it to beat up more quickly

A squeeze of lemon juice added to rice will whiten it. Patna is the best rice to use as a vegetable.

To whiten the breast of a chicken, rub it with a lemon before boiling.

To keep pancakes from getting tough, before serving keep them on a covered dish over a pan of hot water.

When using buttermilk or sour milk for plain cakes and scones, use bicarbonate of soda and cream of tartar in the proportion of 1 teaspoonful of each to 1 lb. of flour. For richer cakes use baking powder.

For all classes of puff pastry, use a few drops of lemon juice.

For tomato soups and sauces, a few drops of vinegar added will counteract sweetness when using fresh tomatoes, and a good pinch of sugar added will counteract acidity when using tinned ones.

Fish stocks, simmer for only 40 minutes—longer cooking brings out a bitter flavour.

If meat has become slightly tainted, it should be wiped over with a cloth dipped in water with vinegar added.

To make lettuce and parsley very crisp, wash in plain cold water, then soak for a short time with lemon in the water.

To keep green vegetables fresh and crisp, if not required at once, put into an airtight tin. Lettuce, parsley, cabbage, etc., will keep fresh for a week or ten days.

Squeeze a little lemon juice over lamb cutlets before grilling them—it improves the flavour.

To prevent cheese becoming mouldy, moisten a piece of muslin with vinegar, wrap round the cheese, and store in a dry place.

When yolks of eggs are left over, cover with cold water. They will then keep quite fresh until the following day without forming a skin.

To improve apple tart, try sprinkling two or three tablespoonfuls of orange or lemon juice over the apples. This gives a

delicious flavour and improves apples that are inclined to be dry and tasteless.

When cutting a large quantity of bread and butter sandwiches, pour half a pint of boiling milk over one pound of butter in a basin. Cool slightly and then work together with a wooden spoon to a creamy consistency. This mixture will spread easily on the bread and will go further than solid butter.

To stiffen lettuce, add one teaspoonful of borax to the water, place washed lettuce in this, and leave for one hour.

Green parts of celery dried slowly in the oven and powdered make good flavouring for soups and stews.

If tomatoes, apricots, broad beans, etc., are dipped in boiling water, the skin will be very easily removed.

Mustard keeps better if a pinch of salt is added and it is mixed with vinegar.

FRUIT PIE OR PUDDING

When making a fruit pie or pudding, add a sprinkling of sago or fine tapioca. This will brighten up the juice and prevent it from boiling out.

POACHED EGGS

These will be white and plump and look more appetising if a teaspoonful of milk is added to the water before the eggs are placed in the pan. Cracked eggs, by the way, will boil without losing any of the inside if a teaspoonful of vinegar is added to the boiling water.

YOUR BISCUIT TIN

Place a piece of blotting paper in the bottom of your biscuit tins. This will absorb all moisture and so help to keep the biscuits fresh. The blotting paper should be renewed occasionally.

TO CLEANSE GREEN VEGETABLES

When preparing these for cooking, place them in warm (not hot) water, and sprinkle over them a little bi-carbonate of soda. Leave them for some time, and then wash in clear water and you will find them free of all insects.

CLEANING RECIPES

"Cleanliness is next to godliness."

FURNITURE POLISH

Turpentine, vinegar, raw linseed oil, methylated spirits, in equal quantities. Shake well.

ANON.

SILVER POLISH

2 ozs. precipitated whiting,
½ oz. Jeweller's Rouge,
2 teaspoonsful of powdered ammonia,
2 tablespoonsful methylated spirits,
½ pint of water.

Mix the rouge, whiting, and ammonia together, put into a bottle, and add the water and spirit. Cork at once and shake well before use.

S.A.W.A.S.

HOME-MADE VIM

1 lb. powered Pumice Stone,
1 lb. Whiting.
1 lb. Hudson's Dry Soap Powder,

Mix and rub all through a sieve. Pierce holes in the lids of spare tins and fill the tins ready for use. Cover with the perforated lids.

S.A.W.A.S.

RECIPE FOR BOOT CREAM

1 oz. Crushed White Wax,
½ oz. Powdered Castile Soap,
4 tablespoonsful of Turpentine.

Pour the turpentine over the crushed wax and soap, leave for twenty-four hours, then add gradually sufficient boiling water to make it of the consistency of cream. Cork in wide-mouthed bottles. When a black mixture is preferred, add lamp black to the above ingredients until a good black is produced.

S.A.W.A.S.

TO SOFTEN AND WHITEN THE HANDS

Mix together and cork securely equal parts of lemon juice and eau-de-cologne. After the hands have been washed in warm water and rinsed in cold and carefully dried, this refreshing scented lotion should be well rubbed in.

S.A.W.A.S.

HAND LOTION TO PREVENT ROUGHNESS IN FROSTY WEATHER

1 oz. Glycerine,
2 ozs. Rosewater,
½ teaspoonful of Boracic Acid.

S.A.W.A.S.

CAMPING

The following Hints and Recipes are printed by kind permission of the Borden Company, New York:—

TIME-SAVING IDEAS FOR KITCHEN OR CAMP

KLIM AND SUGAR FOR COFFEE

Mix thoroughly equal amounts of Klim and sugar. One and one-half or 2 teaspoons of this mixture will both cream and sugar coffee or tea. The mixture of Klim and sugar will dissolve immediately in the liquid. This is also an excellent way to carry cream and sugar for camp.

CAMP COOKERY

As an old woods veteran once put it—"Roughin' it's swell—so long as roughin' it doesn't interfere with the quality of your grub!"

You can make biscuits without milk—but biscuits are a lot better when they're made with milk. Milkless flapjacks are not at all hard to take on a crisp morning—but what words can describe those tender golden-brown beauties you get when there's milk in the batter? Black coffee can taste mighty fine, too, if it's all you've got—but what wonders a teaspoonful of dry Klim in the cup can contribute!

Klim is made-to-order for woodsmen. It keeps. It's light—makes over eight times its weight in liquid milk. It's compact enough to fit into the corner of a pack. Mix Klim with water—and presto! . . . rich, fresh, pure whole milk . . . with all the dairy-fresh flavour.

So next time out—pack Klim along. And pack this book, too. It gives—in the following pages—a lot of recipes that you'll find making real contributions to your meals—plus some good camping tips. And further along, in the kitchen section, are other recipes simple enough to be filled from most camp larders.

KLIM WITH COFFEE

(1) Especially delicious when re-liquefied double-strength, that is, for instance, 2 level tablespoons Klim to ¼ cup of water. Tastes like fresh, rich cream in coffee.

(2) **The quick way.** Mix two level tablespoons of Klim thoroughly with the amount of sugar you usually take, in the bottom of the cup. Pour in the hot coffee. Stir until sugar and Klim are dissolved.

QUICK COCOA

Combine one teaspoon cocoa, four level tablespoons Klim and two teaspoons sugar for each cup of cocoa. Add ¾ cup of boiling water and stir until smooth.

KLIM WITH TEA

Re-liquefy Klim as indicated under caption above "Fresh Milk"—and use in tea as you use fresh milk.

TWO CAMPERS' GRUB LISTS

TWO MEN FOR TWO WEEKS

As recommended by "Rod and Gun," Canada's leading Sportsmen's Journal.

The grub lists given below are authentically compiled to supply the needs of two men for two weeks or one man for a month.

LIST No. 1

For camps accessible by motor, wagon or boat—where transportation of weighty supplies presents no problem. This list places little dependence on game or fish killed by the camper.

Flour	15 lbs.	Butter (fresh or canned)	4 lbs.
Baking powder	6 ozs.	Crisco or lard	3 lbs.
Pancake flour	3 pkgs.	Sugar, granulated	10 lbs.
Crackers, as desired	4 pkgs.	Salt, table	2 lbs.
Cereals	6 lbs.	Pepper	1 can
Bacon	5 lbs.	Tea	1 lb.
Canned meat or fish	8 qt. cans	Coffee, in cans	2 lbs.
Eggs, crated	10 doz.	KLIM whole milk powder	4 lbs.
Canned soups	8 cans	Maple syrup	1 qt.
Fresh potatoes	20 lbs.	Fresh fruit	30 portions
Fresh onions	4 lbs.	Dried fruit	5 lbs.
Canned tomatoes	4 cans	Sweet chocolate	5 lbs.
Canned corn or peas	4 cans	Catsup	2 bottles
Canned beans	4 cans	Jams	few cans
Dried Navy beans	5 lbs.		

LIST No. 2

For campers who must pack their supplies all or part of the way, only bare essentials are included. This list assumes that fish or game killed will provide the bulk of at least one of each three meals.

Flour	20 lbs.	Tea	1 lb.
Baking powder	½ lb.	Coffee	2 lbs.
Cereals	10 lbs.	Dried fruit	10 lbs.
Sugar, granulated	10 lbs.	Crisco or lard	3 lbs.
Salt, table	2 lbs.	Butter, canned	3 lbs.
Pepper	1 can	Sweet chocolate	3 lbs.
KLIM whole milk powder	3 cans	Maple syrup	1 qt.
Beans, white navy	7 lbs.	Potatoes or onions	As desired
Bacon	7 lbs.	Fresh fruit	As desired

COOKING UTENSILS TO TAKE ALONG

- Small flour sifter
- Medium-size wire strainer
- Small rotary egg-beater
- Medium-size double boiler
- Frying pan
- Coffee pot
- Saucepan
- Light wire broiler
- Can opener
- Folding reflector baker
- Large spoon
- Cake turner
- Butcher knife
- Kettle
- Deep pot with swinging wire handle
- Plates, cups, cutlery, etc.

CAMPING TIPS

Take a good compass and depend on it. Keep it away from your gun barrel or other metal—or you may be hopelessly lost.

To open a can with an axe cut crosswise—that is, two intersecting cuts.

If you can't carry a stove, baking can be done in a folding reflector baker, or a frying pan with a plate inverted over the top.

Boil all water before drinking, unless you **know** it's pure.

Spread out your blankets in the afternoon sun. Roll them up tightly and they will be warm and dry for night.

To light a fire in the rain, break the small dead branches from standing evergreen trees, scrape off the wet bark or surface with a knife, and they will burn readily.

Always build your fire on rock, sand or cleared earth, never on humus. Dry roots will smoulder for hours or even days, underground, and a wind will fan up the flames, often many feet away.

When a recipe says Milk . . . use KLIM

Any recipe calling for milk is a KLIM recipe. For custards and puddings KLIM is ideal. Company coming? A cake to bake — and no milk. With KLIM on the shelf, milk is always available. KLIM is fresh milk powdered. Replace the water and KLIM becomes liquid milk, with its natural appearance and all of its original food value.

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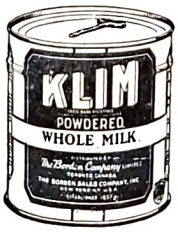

KLIM

So after you are sure your fire is out, then dig deep under the fireplace and wet everything thoroughly.

Carry an extra pair of glasses, if you wear glasses. Such things are easily broken, and can ruin a vacation.

Include a coil of stovepipe wire and some extra rope with your camp supplies. You will find a hundred uses for them.

Wrap your bacon in heavy paper before you start, then keep it wrapped in the same paper. To keep it fresh from mould, hang it occasionally to the leeward of your camp fire, in the smoke, while you are getting a meal.

Keep your axe blade sheathed, also the blade of your hunting knife. Make sure the tip of your knife-case is not cut through.

Save the bacon fat from your frying-pan, and keep in a covered tin. You'll likely need it.

Carry extra matches in a compact waterproof container and keep them with you always.

Bring a small first-aid kit, including bandages, gauze, iodine, adhesive tape, salve for burns, and a laxative.

When sleeping out, don't forget that cold comes up from the ground almost as much as from the air. Keep plenty of protection beneath you as well as on top.

WHIPPED KLIM

1. Place required amount of water in a bowl.
2. Place required amount of Klim on top of water.
3. Beat with egg beater until entirely blended and smooth.
4. Place in top of double boiler.
5. Scald over boiling water 3 minutes.
6. Chill immediately (to at least 52 degrees F.).
7. Whip until it holds shape. (This will take approximately 3 minutes.)
8. Whipping Klim Triples in bulk.

CHOCOLATE ICE CREAM

Proceed as for Vanilla Ice Cream, adding 1½ squares of unsweetened chocolate which has been melted in 1 cup of water. Add only 2 cups of water in place of 3 cups to dry mixture in top of double boiler.

VANILLA ICE CREAM

(For the Freezer)

2 tablespoons flour
1½ cups Klim
1 cup sugar
½ teaspoon salt
2 eggs
3 cups water
1½ teaspoons vanilla

Thoroughly mix flour, Klim, sugar and salt in top of large double boiler. Beat eggs and add, blending thoroughly. Add water gradually and blend. Cook over boiling water until mixture thickens, stirring constantly. Cover and cook ten minutes longer, stirring occasionally. Remove from fire, cool and add vanilla. Freeze in a two-quart freezer. Remove dasher. Pack in ice and salt for 1 hour or more after freezing. Makes 1 quart.

MARSHMALLOW FLUFF

20 marshmallows, cut fine
1 cup hot black coffee
½ cup whipping Klim

Melt marshmallows which have been cut up fine, in hot, black coffee. Place bowl in pan of ice water and stir constantly until mixture begins to thicken. Beat with egg beater until frothy. Whip Klim (as above) and fold into mixture. Pour into wet mould or 6 individual moulds and chill. Serves 6.

CAKES AND FROSTINGS

STANDARD TWO-EGG CAKE

6 tablespoons butter
1 cup granulated sugar
2 eggs, separated
½ teaspoon vanilla
1½ cups flour
¼ cup Klim
2 teaspoons baking powder
¼ teaspoon salt
½ cup water

Cream butter and sugar together. Add well-beaten egg yolks. Beat until light and fluffy. Add vanilla. Sift flour once. Measure. Add Klim, baking powder and salt and sift again. Add dry ingredients alternately with water. Fold in stiffly beaten egg whites. For layer cake turn into 2 well-buttered layer cake pans and bake 25 minutes in hot oven (400 degrees F.). For loaf cake turn into well-buttered loaf cake pan and bake about 40 minutes in a moderate oven (350 degrees F.). Makes 2 medium-sized layers or 1 loaf cake.

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A TIP for Tea Economy

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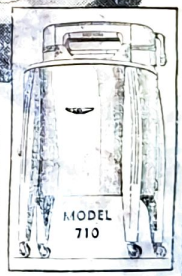

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FOREWORD

by

Mrs. K. M. Brinton

Provincial Commandant,
Command 13.

South Africans have always been renowned for their hospitality, and much of that hospitality has been given in the homes of the people. This little book will assist the modern housewife to keep this reputation.

The recipes have been collected by the members of the Gardens Branch, No. 260, of S.A.W.A.S., Command 13. *They include tried and in some cases "Old Cape Dishes".*

I wish to thank all those who helped to compile the book and hope it will prove a success financially and otherwise. It will, I am sure, be a welcome addition to the domestic kitchen literature of all householders and a further example of our motto: "Service".